



KCAL*
415

NUTRITIONAL INFORMATION (by ration)

12,7	Protein
62,7	Carbs
11,2	Total fat
3,3	Saturated fat
5,7	Monounsaturated fat
1,5	Polyunsaturated fat
0,0	Cholesterol
2,5	Fiber
0,38	Sodium

ALLERGENS
lactose, sulphites

* Kcal by ration



40'



4 PAX



DIFICULTY
LOW



LACTO-VEGETARIAN



RICE

MUSHROOM RISOTTO WITH TRUFFLES AND PARMESAN

PONS

USE:



PONS SELECCIÓN FAMILIAR
EVOO Arbecuina



PONS INFUSED WITH WHITE TRUFFLE
EVOO infused with White Truffle



PONS INFUSED WITH BLACK TRUFFLE
EVOO infused with Black Truffle



PONS NONNO VINEGAR
IGP Balsamic Vinegar

PAIR:



FLOCS
Cava Brut



ALGÉS
Red wine

ELABORATION

- 300 g** Arborio rice
- 180 g** Porcini mushrooms
- 60 g** Onion, cleaned
- 1 L** Chicken (or beef or vegetable) broth
- 50 g** Parmesan cheese
- 50 ml** Dry white wine
- 5 ml** Pons Selección Familiar EVOO Arbecuina
- 20 ml** Pons Truffle Oil
- Salt
- Pepper

UTENSILS



Pot



Casserole



Knife and chopping board



Grater/Slicer

OBSERVATIONS

The porcini may be substituted by other mushrooms that work well in this recipe: button, portobello, or golden or black chanterelle.

- Brunoise the onion (very fine) and add it to the casserole with the Pons Selección Familiar EVOO Arbecuina oil on low heat. 🔥
- Allow the onion to evaporate its cooking juices and slowly turn a lovely golden colour. Stir the mixture constantly. 🔥
- Once the onion has browned, add the dry white wine and allow to completely evaporate. 🔥
- Once the wine has evaporated, add the mushrooms, chopped as desired (slices, cubes...). 🔥
- Sauté the mixture for about 8 minutes until the mushrooms are cooked. 🔥
- Before adding the rice, bring the broth to boil in a separate pot. 🔥🔥
- Return to the casserole: add the rice and stir a few times with a ladle. Next, add a fourth of the broth, very hot, and allow to evaporate. 🔥
- Add the rest of the broth little by little, allowing it to evaporate until the starch content of the rice grains begins to come free and the mixture starts to acquire a creamy consistency (about 15-18 minutes). Salt and pepper to taste. 🔥
- When the rice is soft but the mixture is still moist, remove the casserole from the heat and, with the rice still very hot, begin to blend in the Parmesan cheese. 🔥
- Add the finely grated Parmesan cheese (the more finely grated, the sooner it will blend into the mixture) until it has melted and completely merged with the risotto, giving it a mushy consistency. 🔥
- Just before serving, very hot, grate or slice the truffles over top.
- Season with a drizzle of Pons infused with White/Black Truffle oil



High heat



Medium heat



Low heat