

CAVAION VERONESE

Zucchini flower risotto *

Ingredients for 4 people

240 gr rice

6 zucchini with flowers

1 shallot

30 gr. butter

30 gr. parmesan cheese

4 slices of smoked pancetta

1,2 liters vegetable broth

black pepper (to taste).



Method

Braise the chopped shallot, butter and a ladleful of broth in a saucepan. Add the rice and cook for 2-3 minutes, then add 2 ladles of broth and bring the rice to half cooked. Clean the zucchini and the flowers cutting the first into slices and chopping the second. Add the zucchini slices and continue pouring more broth. Toast the pancetta slices in a non-stick pan. When they are crunchy, chop them. Once the risotto has almost finished cooking, add the chopped zucchini flowers, the parmesan and a grind of pepper. Leave to rest for a few minutes, then serve the risotto sprinkled with bacon.



** Recipe of the Pro Loco of Cavaion with the member and amateur cook Renzo Peretti submitted to the "Risotto d'oro delle Pro Loco Veronesi" ("Golden Risotto of the Pro Loco of Verona") competition 2012 at the Rice Fair of Isola della Scala.*

CAVAION VERONESE

Asparagus risotto with pancetta and saffron *

Ingredients for 4 people

350 gr. rice

250 gr. Cavaion asparagus

100 gr. pancetta

60 gr. butter

0,5 lt. salted water

1 glass white wine

2 tablespoons of Parmesan cheese

1 sachet saffron



Method

Put a portion of the butter with the diced pancetta into the saucepan. Add the rice and toast for a few minutes. Add the white wine and asparagus.

As necessary, add the salted water a little at a time, stirring constantly. Dilute the saffron with a part of the salted water and add it to the rice. When cooked, stir in butter and Parmesan to make it creamy (mantecare).



** Recipe of the Pro Loco of Cavaion with the member and amateur cook Barbara Valentini submitted to the "Risotto d'oro delle Pro Loco Veronesi" ("Golden Risotto of the Pro Loco of Verona") competition 2013 at the Rice Fair of Isola della Scala.*

CAVAION VERONESE

Risotto with Monte Veronese cheese, sausage and Bardolino wine *

Ingredients for 4 people

350 g of rice

200 g of Monte Veronese cheese

250 g of sausage

1 glass of Bardolino wine

grana padano (to taste)

butter (to taste)

salt and pepper (to taste)

extra virgin olive oil (to taste)

meat broth (to taste)

1 onion



Method

Peel and chop the onion into small pieces, gently fry it in the oil over a low heat. Add the peeled and chopped sausage, brown it, add the rice and toast it for a few minutes until it becomes transparent. At this point deglaze with Bardolino wine. When the wine has evaporated, add some broth and continue cooking over a medium heat, stirring constantly. Towards the end of the cooking add the monte veronese cheese and butter to the risotto, stirring so that it melts and gives the risotto sufficient creaminess. Season with salt and pepper. Sprinkle with parmesan.



** Recipe of the Pro Loco of Cavaion with the member and amateur cook Debora Mascanzoni submitted to the "Risotto d'oro delle Pro Loco Veronesi" ("Golden Risotto of the Pro Loco of Verona") competition 2015 at the Rice Fair of Isola della Scala. 1st place in the People's Choice category*

CAVAION VERONESE

Risotto with leek and sausage *

Ingredients for 4 people

400 g of rice
300 g leek
300 g tastasal** (50%) and minced mixed pork
0,20 l cooking cream
extra virgin olive oil
white wine
vegetable broth
nutmeg - thyme
salt and pepper

**a mixture of ground pork, salted and seasoned with salt and large crushed black peppercorns



Method

Peel and cut the leek into rounds, let it soften in the oil over a low heat. Add the tastasal mixed with thyme and nutmeg and brown it. Add the rice and toast it for a few minutes. At this point deglaze with the wine. When the wine has evaporated add some broth and continue cooking over medium heat while stirring. Towards the end of cooking add the cream, mixing it so gives a creaminess to the risotto. Season with salt and pepper.



* Recipe of the Pro Loco of Cavaion with the member and amateur cook Luciano Pizzini submitted to the "Risotto d'oro delle Pro Loco Veronesi" ("Golden Risotto of the Pro Loco of Verona") competition 2016 at the Rice Fair of Isola della Scala. 2nd place in the People's Choice category.

CAVAION VERONESE

Fogassa on the griddle

Recipe DE.CO.

From www.oliogardadop.it



Ingredients

250 gr flour 00

3 tablespoons of extra virgin olive oil

1/2 glass milk

4 tablespoons sugar

a pinch of salt

1 teaspoon baking powder:

(alternatively: half a teaspoon of baking soda)

grated lemon

Method

Mix all the ingredients to obtain a smooth and homogeneous mixture. Cut two pieces of dough from the mixture, place them on a floured surface and spread them with a rolling pin up to about 1 cm thick. Cook the two pieces of dough on an electric grill, or on the embers in the fireplace. Cook for 15 minutes, turning 2-3 times on each side.



In 2015 Fogassa on the griddle, a poorman's dessert of our grandparent's, became the typical dessert of Cavaion in that it has been revalued and produced according to precise DE.CO regulations. (Municipal Denomination)