

GARDA

Risotto with Tench *

Ingredienti per 4 persone

800 g tench
350 g rice
two onions
300 g herbs from the garden
1 bunch of parsley
1/2 glass of extra virgin olive oil
2 glasses of white wine
80 gr. grated Parmesan cheese
80 gr butter
a pinch of cinnamon
salt and pepper



Method

Cook the tench in the vegetable broth. Drain and sprinkle it. Filter the broth and sauté the onions and herbs in extra virgin olive oil. Add the tench pulp, brown it and add salt and pepper. Toast the rice wetting it with dry white wine. When the wine has evaporated, add the broth gradually. After 10 minutes add the tench with the previously prepared sautéed herbs and onion. Stir in butter, grated cheese and a pinch of cinnamon to make it creamy. Then add the finely chopped fresh parsley.



* Recipe of the Pro Loco of Garda with the member and amateur cook Domenico Pozzani submitted to the "Risotto d'oro delle Pro Loco Veronesi" ("Golden Risotto of the Pro Loco of Verona") competition 2017 at the Rice Fair of Isola della Scala. 3rd place in the People's Choice category