

PASTRENGO

Pumpkin risotto with pancetta and rosemary *

Ingredients for 4 people

400 gr of rice

300 gr of pumpkin pulp

1 shallot

extra virgin olive oil

1 glass dry white wine

vegetable broth

salt, pepper

150 gr of not too fatty pancetta

1 sprig of rosemary

50 gr of parmesan cheese



Method

First of all, prepare the pumpkin creme. In a saucepan brown the shallot in a little oil. Then add the diced pancetta and chopped rosemary to it. Then pour in the rice and toast it, adding white wine and letting it evaporate. After about 4 minutes add half the broth, all the pumpkin creme, season with salt. Cover and cook the rice over low heat for about 7 minutes. Finish cooking, stirring constantly. Add the remaining broth until completely absorbed. As soon as the risotto is ready, turn off the heat and stir in the grana cheese to make it creamy and then serve.



* Recipe of the Pro Loco of Pastrengo with the member and amateur cook Mariolina Scappini submitted to the "Risotto d'oro delle Pro Loco Veronesi" ("Golden Risotto of the Pro Loco of Verona") competition 2011 at the Rice Fair of Isola della Scala.

PASTRENGO

Pumpkin and gorgonzola risotto *

Ingredients for 4 people

500 g of pumpkin

2 small shallots

550 g of rice

50 g of sweet gorgonzola,

oil (to taste)

nutmeg (to taste)

salt (to taste)

black pepper (to taste)

vegetable broth

parmesan cheese (to taste)



Method

Add the finely chopped shallot to the olive oil, add the peeled and diced pumpkin and a pinch of salt; after 10 minutes of cooking add the rice and let it toast for a few minutes. Add broth a little at a time and stir the risotto to keep it from sticking to the bottom. A few minutes before the end of the cooking add the coarsely chopped gorgonzola and stir in until the cheese has completely melted and become creamy. Serve sprinkling with chopped black pepper and add the Parmesan.



*Recipe of the Pro Loco of Pastrengo with the member and amateur cook Bruna de Agostini 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.

PASTRENGO

Mulled Wine with lemon balm *

Ingredients

- 1 litre of Bardolino red wine
- 2 cinnamon sticks
- 200 gr. sugar
- 8 cloves
- 1 pinch of nutmeg
- 1 untreated lemon
- 1 untreated orange
- 1 apple - lemon balm leaves



Method

Prepare all the spices, then thinly cut the lemon and orange peel. In a steel pan with not too high edges, pour the sugar, add the peel of the citrus fruits, the spices and finally pour in the Bardolino wine. Place the pan on the heat and bring slowly to a boil: boil over a low heat for 5 minutes, stirring until the sugar is completely dissolved. At this point a flame can be brought closer to the surface of the wine, the alcohol contained in the wine will catch fire. Let it flame until it completely extinguishes. Soak the lemon balm leaves in the mulled wine for a few seconds and then strain it in a thick mesh strainer and serve it steaming.



* Recipe of the Pro Loco of Pastrengo with the council member cooks Albino Monauni and Bruna De Agostini submitted to the " Gran Brulè (Great Mulled Wine) competition 2016 at the Fiera dei Bollito di Isola Della Scala. 1st place

PASTRENGO

Torta Zuccafolk (Pumpkin tart)

Ingredients for 4 people

For the dough:

250 gr of flour

1 egg

125 gr butter

2 tablespoons of sugar

½ glass of water

1 pinch of salt

For the filling:

500 grams of cooked pumpkin

4 tablespoons of sugar

3 eggs

250 cl of whipping cream

1 tablespoon of milk

1 teaspoon of cinnamon

1 pinch of salt



Method

Quickly mix the flour, the previously softened butter, the sugar, the egg, a pinch of salt and 1/2 cup of cold water; wrap the dough with in cling film and place it in the refrigerator for about an hour. Meanwhile clean the pumpkin in a sieve.

Whip the cream, adding the milk and the eggs by pouring the whole

into a bowl. Add the pumpkin purée, sugar, cognac, cinnamon, check the salt and mix everything together. Roll out the dough into a buttered and floured cake pan. Prick the base with a fork and pour in the filling. Bake at 180 ° C and cook for 40 minutes. Allow to cool and serve.

