

SAN ZENO DI MONTAGNA

Risotto with chestnuts and sausage

Ingredients for 6 people

500 gr. of rice

400 gr. of chestnuts cooked in water with sage for 3 h

1 tablespoon of butter

a half onion finely chopped

250 gr. of crumbled sausage without skin

vegetable broth (to taste)

Garda olive oil (to taste)

grated parmesan cheese

salt and pepper (to taste)



Method

Peel the boiled chestnuts and chop them up to form a puree, leaving about ten nuts to one side. In a pan fry the onion with the oil and a tablespoon of butter and then add the sausage. When the sausage is brown add the chestnut puree, salt and pepper and after 5 minutes the rice. Cover everything with broth and cook. Just before the rice is cooked add the crumbled chestnuts previously set aside. Finally sprinkle with grated Parmesan cheese and serve.



SAN ZENO DI MONTAGNA

Chestnut minestrone

Ingredients for 4 people

100 gr. of potatoes

80gr. of carrots

100gr. of onions

100 gr. of cabbage

50 gr of beans

200 gr. of pèladai (boiled chestnuts)

1 clove of garlic

2/3 parmesan cheese rinds

1 large loaf of bread

a few sprigs of rosemary

Garda extra virgin olive oil, salt, pepper (to taste)



Method

Clean all the vegetables and cut them into pieces that are not too large and about the same size. Cut the parmesan cheese rinds into pieces. Put the olive oil in a saucepan, heat it and fry the rosemary and crushed garlic without letting them brown. Remove the aromatics and add the vegetables covered with water, add salt and cook in an open pan skimming when necessary. Towards the end of cooking add the peladei (peeled chestnuts cooked in salted water with sage leaves) and the cheese rinds. Serve in individual bowls and season to taste with extra virgin olive oil from Garda and, for those who want it, freshly ground pepper. Alternatively take the loaf of bread, cut off the top and dig out the bread inside so that it becomes a container with a lid, put it into the oven just enough to dry it out and pour the chestnut minestrone into the loaf. Serve.



SAN ZENO DI MONTAGNA

Mulled Wine with red fruit from Monte Baldo *

Ingredients

3 litres of Bardolino Novello

250 grams of caster sugar

50 grams of chestnut honey

6/8 cloves

90 grams of dried forest fruits (currants, blackberries and rosehips)

100 grams of roasted chestnuts of San Zeno DOP

1 stick of cinnamon

Method

Boil the wine together with all the other ingredients. Pour into the glass with a roasted DOP chestnut.



* Recipe of the Pro Loco of San Zeno di Montagna with the mentor cooks Elisa Castellani and Davide Zamperini submitted to the "Gran Brulè (Great Mulled Wine) competition 2016 at the Fiera del Bollito di Isola Della Scala. 1st place