

The Italian food culture is known the world over to be healthy and delicious. Its many regional dishes are a joy to the palate of food connoisseurs and enthusiasts. Genuine and local ingredients are the key elements to the tastiness of the many options of the Peninsula food tradition.

Milan offers to its visitors plenty of opportunities to enjoy food in the hundreds of restaurants, bars and cafes of the city. The food experience is for sure enriched by the excellent level of service and the award winning interior design of the food outlets in the heart of Milan.



Pasta may be Italy's most famous first course, but rice is equally key to Italian cuisine. During the Renaissance, the swamps near Milano were turned into rice paddies, and rice has played a starring role ever since. One of our favorite Milanese dishes is Saffron Risotto.

Risotto allo Zafferano

For the broth : Piece of boiled beef | 1 carrot | 1 onion | 1 celery stalk | 1 parsley stalk | 2-3 peppercorns
| Sea salt, to taste **For the risotto:** 1 2/3 cups rice, preferably Carnaroli | Saffron, to taste | 1/2 cup white wine
| 1/2 cup Parmigiano Reggiano, grated | Balsamic vinegar, to taste | 1/2 medium onion, finely chopped
| 2 tablespoons butter | Sea salt & freshly-ground black pepper, to taste

To prepare the broth, combine all of the ingredients in a pot, and cover with cold water, and bring to a boil for at least two hours, or until the meat is tender. Season the broth with salt, and keep the pot simmering while preparing the risotto.

In a medium saucepan, heat about 1 tablespoon of the butter over medium-high heat, and add the onion, sautéing until it becomes soft and translucent, about 20 minutes.

Add the rice to the pan, and toast it, stirring constantly, until it becomes fragrant.

Add the white wine, and stir until it has evaporated and the rice is translucent with just a small pearl visible in the center of the grain.

Add 1 ladleful of the broth, stirring until all of the liquid has been absorbed. Using a spatula, collect all of the grains from the sides of the pot, and stir into the mixture so that the rice cooks evenly. Continue adding 1 ladleful of the warm stock at a time, stirring constantly to ensure even cooking. Taste the rice before each addition of broth to gauge how close it is to being cooked and to adjust the seasoning with salt.

While the rice is cooking, toast the saffron in a small pan over low heat. Crumble the toasted saffron, and combine with a small amount of the broth.

When the rice is al dente, stir the saffron-infused broth into the risotto. Season with salt, to taste. Remove the pot from the heat, and add the butter and Parmigiano Reggiano. Stir until the ingredients are completely incorporated.

Serve the risotto into four warm bowls, and finish each dish with a spoonful of "tradizionale" balsamic vinegar from Modena.



Difficulty
medium



Prep Time
5 min



Cook Time
25 min



Yield
4 servings