



RISOTTO WITH ARTICHOKES AND SICILIAN BLOOD ORANGES PGI

Categoria: First Courses **Tempo di preparazione:** 40 minutes **Difficoltà:** medio 

Ingredienti per 2 serves

- 160 g di wholegrain rice
- 1 unwaxed Sicilian Blood Orange PGI
- 5 artichoke heads
- 1/2 red onion
- 1 teaspoon of curry powder
- salt and pepper, to taste
- extra virgin olive oil, as needed

Chef: Sarah Bua

A fresh and tasty risotto that tantalises the palate.

Difficulty: **moderate**

Cost: **low**

Preparation time: **40 minutes**

Serves: **2**

Method

First, put water – about 3 times the volume of the rice (for example, 3 cups of water for one cup of rice) – in a saucepan with a pinch of salt, and bring to the boil.

Meanwhile, chop the onion and sauté it in a thick-bottomed pan with about 2 tablespoons of oil.

Cut 4 artichokes (leaving 1 for decoration) into wedges that are not too small so they maintain their consistency, and add them to the onion, leaving them to sauté gently for about 2-3 minutes.

At this point, add the rice to the sautéed artichokes, and stir gently for about 1 minute together with the artichokes; then add half the boiling water.

This should result in a really inviting sizzle!

Leave the water on the heat at a soft boil; as you add the water to the risotto it must be boiling so as not to interrupt the cooking of the rice.

Then take two large strips of unwaxed blood orange, perhaps using a potato peeler to avoid taking too much of the pith, and add them immediately to the rice which is already cooking together with the artichokes.

At this point, adjusting according to the cooking times indicated on the rice packet (about 35-45 min), continue to add water as the rice cooks, without forgetting to stir it often to prevent it from sticking to the pan!

To flavour the dish even more, you can add a teaspoon of curry powder, preferably halfway through cooking.

When the rice is cooked when tasted, leave any excess water to be absorbed.

Then remove the pan from the heat, and stir in a drizzle of extra virgin olive oil, a pinch of curry and black pepper.

To garnish, use crispy artichoke heads, thinly sliced and fried in sunflower oil.

Or try fried blood orange peel! Really amazing.

Now you are ready to serve!

Enjoy to **Sarah Bua!**

