SICILIAN ETNA PRICLY PEAR PDO RISOTTO

Categoria: First Courses **Tempo di preparazione:** 30 minutes **Difficoltà:** medio

Ingredienti per 2 serves

- 800 ml vegetable stock
- 1 onion
- 200 g di Carnaroli rice
- 100 ml dry white wine
- 700 g of Etna prickly pears PDO + 2 prickly pears to garnish
- 30 g parmesan
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- extra virgin olive oil, as necessary
- salt, to taste
- pepper, to taste
- a few fresh mint leaves, to garnish

Chef: Sarah Bua

Difficulty: **moderate**
Cost: **low**
Preparation time: **30 minutes**
Serves: **2**

Method

Put the vegetable stock in a saucepan and bring it to a gentle boil. In the meantime, slice an onion and sauté in a large frying pan in extra virgin olive oil for a few minutes.

Stir in the rice to toast until it becomes translucent, and then add the white wine and let it evaporate.

Once the alcohol has evaporated, start adding the just boiling vegetable stock slowly.

To prepare the prickly pear juice, wash the 700 g of pricky pears and cut both ends off, then make a vertical slice down the body of the skin, and gently peel back the skin from the flesh.

Liquidise the flesh in a blender and then sieve or pass through a vegetable mill to eliminate the seeds.

When the rice is half cooked, add the prickly pear juice.

Salt to taste, and when the risotto is cooked, turn off the heat and stir in the grated parmesan cheese for a creamy risotto.

Serve, with a few grinds of pepper and garnish with the diced flesh of the remaining 2 prickly pear, prepared while the risotto is cooking and, if you like, a few leaves of mint.

Enjoy from **Sarah Bua**!