

CACIO E PEPE RISOTTO



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Serves 3-4

INGREDIENTS

— Available at Mediterranean foods

For the Parmigiano Reggiano broth

300g Parmigiano Reggiano

1 litre water

For the risotto

200g Arborio Rice MF

1 tablespoon extra virgin olive oil

Cracked pepper

METHOD

Preparation of the Parmigiano Reggiano broth

1. Grate the Parmigiano Reggiano and mix it with cold water in a pan.
2. Slowly bring to boil and then reduce heat.
3. When the cheese begins to melt, lower the heat until the Parmigiano Reggiano has completely melted.
4. Let it cool to room temperature.
5. At the time of preparation, collect the separate creamy part on the surface in a bowl (it will be used for the final creaming).
6. Filter the broth in order to obtain a clear liquid similar to water.

Risotto Preparation

1. Toast the rice dry in a suitable saucepan to cook with the heated Parmigiano Reggiano water.
2. When cooked, stir in the cream and a little oil, stirring vigorously so as to obtain a good creamy consistency.
3. Serve accompanied with a sprinkle of the pepper.

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