

# IWAM Cooking Lesson with Chef Luca Marchini

## Risotto with Broccoli, Yoghurt and Red Turnip

### Ingredients for 2 people

- 160 grams of Carnaroli rice
- 1 large and green broccoli
- 50 grams of Greek yogurt
- Half Red Turnip precooked
- 20/30 grams of grated Parmigiano Reggiano
- half carrot
- half an onion
- a coast of celery (better with leaves)
- extra virgin olive oil
- salt
- pepper (if desired)

### Method

#### For the vegetable broth

- Wash the peeled carrot, onion and celery and put in a pot with cold water.
- Bring to a boil for at least 20 minutes and then another 20 minutes in a simmer.

#### For the broccoli cream

- Separate the flowers from the stem, cut into small pieces, wash and cook in very salted water.
- Boil the stems first and then the flowers. Set aside some flowers and blend the rest with vegetable broth and oil.
- Season to taste with salt. The cream should be soft and smooth.

#### For the yogurt

- Put the yogurt in a bowl and mix it vigorously with oil, salt and pepper to taste.
- Put the yogurt in a small pocket back.

#### For the red turnip

- Cut the red turnip into very thin slices, dab the excess liquid and season with oil and salt.
- Leave to marinate for a few minutes.
- Cut into a small round slices, a couple of centimeters in diameter or cut into small squares.

#### For the risotto

- Toast the rice with oil, add the vegetable broth and a little salt.
- Use a third of the broccoli cream. Continue cooking by adding some vegetable broth and about halfway through the cooking time, taste the risotto to adjust the salt and add some Parmesan cheese.
- During the last few minutes of cooking time, only add broccoli cream.
- Add Parmesan cheese and salt if needed.

#### Plate presentation

- Lay the risotto at the bottom, which must be soft in texture.
- On top, put some spoons of yogurt and small discs of red turnip to dress.

**Cooking time** is subjective since it depends on the quantity of rice, the dimensions of the pot and if you cook with gas. Indicatively, the risotto should be ready in 20 minutes. It's better to try the risotto when nearing the end of the cooking time.

Enjoy! Buon appetito!