



# Carnaroli Saffron Risotto 'Alla Parmigiana' with Speck and Artichokes by Luca Ciano

## INGREDIENTS

- 4 spring onions, finely chopped
- 100g butter, unsalted
- 20ml extra virgin olive oil
- 300g Carnaroli risotto or Arborio rice
- 1g saffron threads
- 1/2 cup white wine
- 1.2L chicken stock, boiling
- 80g speck, thinly sliced
- 4 fresh artichokes clean and cut into strips (or tinned/jar)
- 60ml fresh cream
- 60ml fresh milk
- 100g Parmigiano Reggiano, grated 24 months aged (for sauce)
- 50g Parmigiano Reggiano, grated 18 months
- salt and pepper
- 40ml Balsamic Vinegar (aged if possible)



Serves: 4



Prep Time: 10 min



Cooking Time: 16-18 min

## METHOD

### PARMESAN SAUCE

Bring milk and cream to a simmer in a small saucepan. Add Parmigiano, remove from heat, whisk well till all cheese has melted. Set aside

1. In a heavy bottomed saucepan gently cook spring onions in 25g of butter and olive oil until golden.
2. Add speck, artichokes and cook for a few minutes, then add the wine and allow to evaporate, then add a ladle of boiling stock, saffron and bring to a simmer.
3. As the stock is absorbed, add another ladle of stock.
4. Continue until the risotto is cooked "al dente" (approx 15-16 mins).
5. When ready, remove from heat and add remaining butter and Parmigiano Reggiano cheese and stir continuously. Set aside and rest for 1 min
6. Garnish with a drizzle of Parmigiano Sauce and a few drops of balsamic vinegar



Nourish - Inspire - Share

[www.vivecookingschool.com.au](http://www.vivecookingschool.com.au) #vivecookingschool

