

AUGUST
SENESE RISOTTO
(Risotto Fratacchione)

INGREDIENTS:

Servings: 6 people

Olive oil	75 ml
Finely sliced white onions	4
Short grained rice, preferably Arborio	300 g
Dry white wine	120 ml
Boiling chicken broth	1 1/4 liter
Lean Italian sausage	200 g
Finely minced dried red chili	1/2, optional
Unsalted butter	1 tbs
Parmigiano-Reggiano cheese	3 tbs
Salt and freshly ground pepper	to taste

TOOLS:

Chef's knife
Cutting board
Large saucepan
Frying pan
Spoon

PREPARATION:

Prepare the sausages;

Dice the Italian sausages into small cubes. Coat the bottom of a small frying pan with olive oil then warm over a medium flame. Sauté the sausage cubes for about 10 minutes then season to taste with the minced red chili. Set aside.

In a heavy saucepan, warm the olive oil and cook the onions over medium heat until the onions are practically a paste, about 40 minutes. Add some stock if the onions become too dry.

Add the rice to the pan, mix well, making sure the rice is evenly coated with the onion and olive oil paste. Stir in the white wine. Make sure the chicken broth is boiling, and when the wine has evaporated, add a 125 ml of the chicken broth. When the broth has been absorbed by the rice, add another 125 ml. Continue until all of the broth has been added. After half of the chicken broth has been added, mix in the sausage. The mixture should be at a constant simmer during the entire process. Stir the rice often to prevent it from burning and sticking to the pan.

When the risotto is creamy and the broth has been completely absorbed, add the butter and continue to simmer for 2 minutes. Remove from the heat, mix in the cheese, season to taste with salt and plenty of freshly ground pepper, and serve immediately.