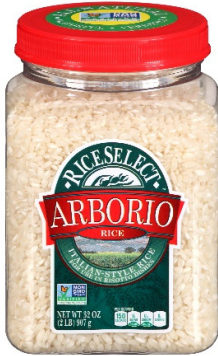


ABOUT RISOTTOS

The varieties of risotto rice that are most easily found to prepare a true Italian risotto are:



Arborio - Pearly and fat grain that produces a thick risotto, being the most common, inexpensive and versatile variety for the preparation of any type of risotto;



Vialone Nano - Smaller and more resistant grain with lower starch concentration and produces a harder grain risotto, being the thinner and less creamy alloy; and



Carnaroli - Considered by many Chefs the best of all, as it has the most resistant to cooking and at the same time releases a large amount of starch with this grain gives a creamier risotto and rice al dente and the grain is firm when chewing.

Rice should not be washed so as not to have a creamy risotto, as there is considerable loss of starch during washing, and the grain has its structure changed.

Always prepare the risotto over medium high heat, stir it regularly, as it helps the starch in the grain to break free and to avoid the rice sticking to the bottom of the pan and burning. The risotto should be served as soon as it is ready.

Do not forget that the risotto does not wait, but it must be expected.