



06 / **First courses**

RISOTTO WITH KING PRAWN TAILS, WILD ROCKET AND LEMON

🕒 90 MIN / 🍷 MEDIUM

The stock is a basic recipe made by boiling the capon, (or chicken) in water for about 2 hours with vegetables such as celery, carrot, onion and parsley.

Ingredients for 4 people:

For the risotto:

320 g Carnaroli rice
40 g butter
20 g extra virgin olive oil
from Lake Garda

20 g grated Grana Trentino
cheese

20 g shallot
1 litre of capon or chicken
stock made with plenty
of vegetables

100 g lemon juice

For the pesto:

150 g wild rocket
30 g mascarpone
150 g extra virgin olive oil
from Lake Garda

salt and pepper to taste
20 g shallot
5 g granulated sugar
20 g ice

To garnish:

500 g king prawns with
the heads on
50 g cognac
30 g extra virgin olive oil
from Lake Garda

salt and pepper to taste
80 g lemons
80 g wild rocket

To make the pesto, start by washing the rocket and drying well, before placing in the bowl of a mixer. Add the mascarpone, a little of the olive oil, salt, pepper, sugar and the shallot, which you have previously gently fried, and the ice.

Start to blend slowly, then gradually add the rest of the oil in a thin stream until you have a well-blended runny cream.

For the risotto, put the chopped shallot in a hot pan with the olive oil and as soon as it starts to sizzle, add a spoon of the stock. Add the rice and toast it, then add the boiling stock a little at a time and proceed to cook the risotto in the usual way.

Towards the end of the cooking time, flavour the risotto with some grated Trentino Grana cheese.

When the risotto is cooked, turn off the heat then add the butter (cold from the 'fridge) and a squirt of lemon juice, stirring vigorously with a spatula to incorporate air into the rice. In a separate pan, sauté the prawns with oil, salt and pepper, and when they are ready add the cognac, off the heat.

Serve the risotto garnished with drops of the rocket pesto, 2 prawns per dish and a few leaves of rocket. Grate a little lemon rind over the finished dish.