

Risotto red pepper cream and italian sausage, basil, parmesan |

Recipe for 4 portions

Description

A Risotto full of intense flavours and Italian tradition, with nice colours and good textures.

Note

To garnish this risotto it is very good to use mustard sprout to spice up the savor.

Also it is necessary to remember to make all the operations of the dressing quickly to pepper, know the risotto very hot and to keep the plates warm it helps a lot.

Ingredients

Cream of pepper

- 400 Gr Red pepper
- 0.50 Tbsp Smoked paprika
- 1 Clove(s) Garlic
- 100 Gr Red onion
- Salt and pepper
- Olive oil

Sausage meat

- 400 Gr Italian sausage
- 1 Tsp Ground fennel seeds
- 1 Pinch(es) Salt
- 1 Pinch(es) Bondamanjak chili pepper
- Salt and pepper
- Olive oil

Preparation

- Preparation time **45 mins**

Red pepper cream

In a baking sheet with parchment paper, bake the pepper in the oven for about 40, at 400 degrees. When all the sides of the peppers are well roasted, take it out of the oven and place in a teaspoon of chicken, cover with plastic film, leave to cool and then remove the skins and seeds.

Risotto cooked

- 300 Gr Arborio rice
- 1.50 Liter(s) Vegetable stock
- 100 Gr Butter
- 50 Gr Parmigiano reggiano
- Salt and pepper
- Olive oil

Topping

- 8 Leaf(ves) Basil
- 4 Tbsp Grated parmesan
- Salt and pepper
- Olive oil

In a small skillet, caramelize the red onion and the garlic clove, immediately put a pinch of salt, when everything is fine, add the smoked paprika and mix well to savor.

Then put the peppers, garlic and onion in a blender, mix at high speed, and emulsionée with olive oil, and if necessary a drizzle of water.

Finish with salt and 2 grinds of pepper.

Cooking the risotto

In a saucepan, heat the vegetable broth and season with salt and pepper if necessary. In another saucepan, pour a drizzle of olive oil and add the rice, pearl it until the grains become translucent, Deglaze the risotto with the white wine, stir and let the liquid evaporate completely . Ladle in hot broth, stirring regularly until liquid is absorbed. Add the remaining broth, ladle by ladle, stirring constantly until the rice is cooked, but still al dente, about 20 minutes.

Halfway through cooking, add the cream of peppers.

Remove from the heat, add the grated Parmesan and the butter cubes.

Preparation of the sausage

Crumble the flesh and place on a baking sheet with parchment paper. Bake on broil for 10 minutes.

Plating

In a flat plate pour the risotto which must be very creamy, tap the bottom of the plate to spread it out, place the sausage on top and garnish with small mustard peas.

Bon appétit!