

RISO CARNAROLI

 **16-18 MIN**

DICHIARAZIONE NUTRIZIONALE /
NUTRITION DECLARATION /
DÉCLARATION NUTRITIONNELLE /
ERNÄHRUNGSERKLÄRUNG /
NÄRINGSDEKLARATION

Valori medi nutrizionali per 100g / Average
nutritional values for 100g / Valeurs
nutritionnelles moyennes pour 100g /
Durchschnittliche Nährwerte pro 100 g /
Genomsnittliga näringsvärden för 100 g

Energia / Energy / Énergie / 1488 kJ
Energie / Energi 351 kcal

Grassi / Fat / Graisses / Fett / Fedt 1,7 g
di cui Acidi Grassi Saturi / 0,5 g
of which Saturates / Dont

acides gras saturés / Davon
Gesättigte Fettsäuren /
Varav mättat fet

Carboidrati / Carbohydrate 76 g
/ Glucides / Kohlenhydrate /
Kollhydrat

di cui Zuccheri / of which 0,5 g
Sugars / dont Sucres / davon

Zucker / varav Sockerarter
Fibre / Fibre / Fibres alimentaires 1,7 g
/ Ballaststoffe / Kostfiber

Proteine / Protein / Protéines / 7 g
Eiweiß / Protein

Sale / Salt / Sel / Salz / Salt 0 g

HOW TO COOK THE PERFECT RISOTTO

- 1. START** - The pot must be round, low and with one handle for waving.
- 2. BROWN** - The onion or shallot should be blended and fried, better to use extra virgin olive oil.
- 3. SEASON** - Add part of the ingredients as meat, vegetables or fish, better to keep a separate half to decorate. Add 80 g each of **gliAironi CARNAROLI Risotto rice**.
- 4. TOAST** - over a high heat, stirring the rice 'till it becomes translucent.
- 5. BLEND** - with dry white wine (½ cup per pot).
- 6. COOK** - the rice should be 'pulled' with the hot broth little by little (double the volume compared to rice).
- 7. STIR** - mix with gentle movement, the risotto should always be turned because it better releases starch.
- 8. DENTE** - after 16-18 minutes your **PERFECT RISOTTO** is ready.
- 9. WHISK** - remove it from the heat, add a fat (like butter or cheese) for the creaminess.
- 10. SERVE** - it's better to use a flat dish, arrange the creamy part of the ingredients, spread the risotto and add a crunchy part on top.

RISI&Co. s.r.l.

Strada delle Grange, 8
13034 LIGNANA (VC) - Italy
Tel +39 (0)161 344025

Confezionato in atmosfera protettiva. Da consumarsi preferibilmente entro fine, lotto: vedere sigillo di garanzia. Una volta aperto, conservare in luogo fresco e asciutto. / Packaged in a protective atmosphere. Best before end, lot: see warranty seal. Once opened, store in a cool and dry place. / Emballé sous atmosphère protectrice.

ORIGINE DEL RISO: ITALIA