



CASA ITALIA
GOURMET FOOD & WINES

RECIPE:

Risotto with Prawns, Zucchini Flowers, Pesto Genovese and Toasted Pine Nuts

Serves: 4

Prep time: 15 minutes

Cooking Time: 20 minutes

Ingredients:

1kg green prawns, peeled, de-veined and halved
1 punnet zucchini flowers, zucchini finely chopped and flowers kept separate
¼ onion, finely chopped
50gr unsalted butter
20ml **Labbate** Organic extra virgin olive oil
150gr risotto rice, carnaroli or arborio
1 glass brandy or white wine
1.2L fish stock, boiling
2 Tbs. **Sapori di Mare** Anchovy Oil
½ jar **Costa Ligure** Pesto Genovese (Green Pesto)
2 Tbs. pine nuts, toasted
Salt & pepper

Method:

1. Heat the olive oil in a large heavy bottomed saucepan on a low-medium heat, add 25g of butter and cook the onion until soft and golden.
2. Add the rice and allow it to heat in the pan while coating it in the onion, olive oil and butter. Add the brandy and simmer until it has evaporated. Add a ladle of boiling hot stock and simmer.
3. Add chopped zucchini and as the stock is absorbed add another ladle of stock. Continue in this way until the risotto is al dente (approx 16 min).
4. About 3-4 minutes before the risotto is ready, add the prawns and keep cooking, then add anchovy oil.
5. When ready, remove the saucepan from the heat and stir in the zucchini flowers, Pesto Genovese and the remaining butter, check seasoning and serve with a sprinkle of pine nuts.

Chef note: Always allow the risotto to rest for a few minutes before serving. Risotto should be soft and a little runny, as we say in Italian: “all’onda”, which means weave.

Recipe created by Chef Consultant Luca Ciano