

Strawberry risotto *(Pasta & rice main dishes)*



Preparation

Wash and clean the strawberries, removing them from their stalks, then cut them into slices. Fry the rice in a heavy casserole dish for half a minute with a little oil. Cover the rice with 'Fragolino' wine and evaporate. Then add salt and water and cook as for a normal risotto until done. When cooked, add the strawberries to the risotto and turn off the heat. Stir in butter and Parmesan cheese. Serve the risotto with a mint leaf and a fresh strawberry sliced and fanned out.

Tips

Strawberries are highly perishable, and you must therefore avoid leaving them in the sun or at room temperature for very long because they spoil quickly. Better to keep them in the fridge for 2-3 days, not handle them too much and not move them from their original container. It is also recommended that you don't wash them so as to maintain their nutritional properties.

Trivia

Strawberry is a small fruit with therapeutic properties which are not always very well known. It is refreshing and cleansing, recommended for those who suffer from gout and arthritis.

Information

Preparation 25 minutes

Total Time 20 minutes

Serves X Serves 1 person

Level of difficulty Easy

la terra di Puglia



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Ingredients

Vialone rice 100 grams

Strawberries 100 grams

Wine 250 millilitres (Fragolino wine)

Onions 20 grams

Parmesan 10 grams

Butter 10 grams