



GASTROTOUR
Cinco Jotas

CINCO JOTAS RISOTTO



Chef's Name: Nino La Spina

Restaurant: Florie's

Ingredients

- Carnaroli Rice 160 G
- Butternut Squash 300 G
- White Onions 50 G
- Vegetable Broth 1 L
- Parmigiano Reggiano DOP 2 Years Age 35 G
- White Wine 40 G
- Butter 25 G
- Extra Virgin Olive Oil 10 G
- Cinco Jotas Iberico Ham 25 G
- Cinco Jotas Iberico Fat Trim 20 G
- Hazelnuts Toasted 6G
- Preserved Lemon 6G
- Squash Seeds 6G
- Black Pepper To Taste
- Salt Up To Taste
- Organic Sunflower Microgreens

Preparation

Vegetables broth

1. Prepare a light vegetable broth, which you will use to cook the rice. Cut the vegetables, put them in a large saucepan, cover with water and season with salt. Cover with a lid, bring to a boil and cook for about 1 hour. Filter the broth and keep it warm.
2. Clean the butternut squash, remove the seeds, cut it into slices and make small cubes from them. Finely chop the onion in brunoise and place it in a large pan in which you have heated the oil. Let the onion cook over a very low heat with the fat trim of the Jamon 5J for about 5 minutes, until it is so tender that it melts. At that point add the pumpkin and brown it for a few minutes, stirring to prevent it from sticking.
3. Then start adding a ladle of broth, and add more, little by little until the pumpkin is cooked for about 20 minutes: it must be very tender and creamy. Mix on the Vitamix until smooth texture, adding broth if needed and adjusting the salt.

Rice Cooking

1. Separately, heat a large pan and add the rice to toast it. We use the dry method because the toasting of the rice, which is essential for the grains to keep cooking, cannot take place in a humid environment like the one created in the pan with the pumpkin.
2. Then toast the rice over high heat until it becomes opalescent, turning it often to avoid overcooking. It will take 2-3 minutes. Then add the white wine and mix immediately. As soon as the wine has completely evaporated, add the butternut squash puree in to the rice. Mix well to blend the flavors and prevent the rice from sticking. As soon as the risotto begins to dry, add a ladle of hot broth, and continue gradually adding the next one only when the previous one has been absorbed, until the right degree of cooking is reached. It will take 18-20. Towards the end of cooking, season with pepper and salt.
3. Finally, with the heat off, stir in the butter and the grated Parmesan, preserved lemon cut in fine brunoise. Carefully mix, then add a last level ladle of broth if you prefer a creamier risotto ("all'onda" aka "wave"). Let it set for a 2 minute before serving.

Presentation

1. With a metal circle placed in the center of the plate, place the creamy risotto with a spoon. Add the Jamon Cinco Jotas finely cut into small rectangles, the toasted hazelnuts cut in half, the fine julienne of preserved lemon and the toasted squash seeds in a harmonious

and natural way to create volume and color on the plate. Finished with some organic Sunflower Microgreens.