

RISOTTO ALL'AMARONE WITH AMARONE LENA DI MEZZO DOCG

Risotto with Amarone is a traditional Veronese course. The Vialone Nano rice is the base of this course and it is grown in the Veronese area. Amarone della Valpolicella, and Monte Veronese cheese are the other ingredients.

This dish is really tasty and elegant. Perfect for lunch or dinner time. It can be best enjoyed by sharing with friends or family and offers a taste of true Italian cuisine.

DIFFICULTY: easy

PREPARATION: 10 minutes

COOKING: 20 minutes

DOSES: 2 people

Ingredients for 2 people

180 gr of Vialone Nano (6.34 oz)

50 gr of grated aged Monte Veronese cheese or Parmesan cheese (1.76 oz)

50 gr finely chopped shallot (1.76 oz)

40 gr of butter (1.41 oz)

50 gr of extra virgin olive oil (1.76 oz)

1/2 liter of meat broth

a 0,375 ml bt of Amarone della Valpolicella or a half bottle of 0,750 ml

Method

Heat the Amarone in a saucepan. Brown the shallot in a saucepan with half the butter or the olive oil. Once it gets a gorgeous golden-brown color, proceed to add the heated wine and allow it to cook down for a few minutes on low heat.

Thereafter, add the rice, and a pinch of salt and pepper depending on your preference. Finish cooking over high heat, adding the hot broth a little at a time as it is consumed and continue stirring with a wooden spoon. Add a little salt if necessary.

Cooking depends on taste, but the grain should maintain a certain consistency. Let this simmer for a few minutes. Turn off the heat and continue stirring vigorously while adding the remaining butter and grated Monte Veronese (or Parmesan).

Portion the Amarone risotto into the two dishes.

WINE PAIRING

Amarone della Valpolicella Lena di mezzo DOCG is among the most elegant and complex red wines produced by the Monte del Frà winery. It has a deep ruby red color with garnet notes. The wine aroma is intense with hints of plums, licorice, leather, tobacco, cocoa and black pepper. On the palate, it is dry, enveloping, full-bodied, harmonious, intense and persistent. During the manufacturing process, the bunches of Corvina, Corvinone and Rondinella are left to dry in small caches for about three months in the fruit cellar before being pressed. The resulting wine will then be left to rest in wooden barrels for a period of about 30 months. The traditional drying technique (appassimento) determines wines of great structure and concentration that are ideal for long periods of aging in the bottle. Tasting Amarone requires particular attention to pairing with food that should be chosen from roasts, game, strong-flavored risottos or long-aged cheeses.

Serve it at about 18 degrees in a large glass that enhances the aromas. Store it horizontally at 15 degrees in a dark place for optimal longevity.