CREAMY WILD MUSHROOM RISOTTO & BROTH

Carnaroli Starch Chemistry | Dried Porcini Broth Infusion | The Cold Butter Mantecatura Emulsion

PREP TIME: 15 MINS **COOK TIME: 25 MINS** **YIELD: 4 SERVINGS** **RICE: CARNAROLI / ARBORIO**

RISOTTO STARCH SCIENCE:

Carnaroli 'The King of Rice':
Highest amylose starch content; grains hold structure without turning mushy.

Hot Stock Immersion:
Stock must be kept at a low simmer. Cold broth shocks rice starches and ruins creaminess.

The Wave (All'Onda):
A true Italian risotto flows like molten lava; it should never sit in a stiff dry mound.

INGREDIENTS CHECKLIST:

[ ] 1.5 cups Carnaroli or Arborio rice (unrinsed!)

[ ] 1 oz dried porcini mushrooms (steeped in 2 cups hot water)

[ ] 8 oz fresh cremini & shiitake mushrooms (sliced)

[ ] 4 cups low-sodium chicken or vegetable stock (hot)

[ ] 1/2 cup dry Italian white wine (Pinot Grigio)

[ ] 1 large shallot + 2 cloves garlic (minced fine)

[ ] 4 tbsp unsalted butter (cubed, ice cold)

[ ] 3/4 cup Parmigiano-Reggiano (finely grated)

Turn card over for 5-stage cooking method, hot porcini broth infusion, and mantecatura

THE 5-STAGE RISOTTO & MANTECATURA METHOD

PREPARATION & TOASTING:

1. Porcini Broth Infusion:
Steep dried porcini in 2 cups boiling water for 15 mins. Strain through coffee filter into chicken stock. Keep stock pot at steady gentle simmer.

2. Sauté Wild Mushrooms:
Sear fresh mushrooms in 2 tbsp butter over high heat until browned and crisp (5 mins). Season with salt and thyme; set aside on plate.

3. Toasting Rice (Tostatura):
Sauté shallots and garlic in olive oil 2 mins. Add dry rice. Toast 2-3 mins until grains are hot and translucent with a tiny white pearl center.

LADLING & MANTECATURA:

4. Deglaze & Rhythmic Ladling:
Pour in white wine; let bubble until absorbed. Add hot mushroom broth one ladle (1/2 cup) at a time, stirring gently. Wait until liquid is mostly absorbed before next ladle. Cook 18-20 mins until al dente.

5. The Mantecatura Emulsion:
Remove pan from heat! Rest 1 minute. Vigorously beat in ice-cold cubed butter and grated parmesan. The rapid emulsion creates velvety sauce without heavy cream. Fold in mushrooms and serve!

Serve in warm shallow bowls immediately. Garnish with cracked black pepper and parsley.