

FERRARA DI MONTEBALDO

Risotto with porcini mushrooms from Monte Baldo *

Ingredients for 4 people

400 grams of rice

250 gr of dried porcini mushrooms from Monte Baldo rehydrated
in mountain water

vegetable broth

100 gr of Malga Castello butter

Lake Garda extra virgin olive oil

garlic

50 gr of Baldo DOP cheese

a handful of fresh parsley

salt

pepper



Method

The preparation of the risotto takes place in a classic way: in a saucepan, fry the garlic in the oil and remove it as soon as it is golden. Add the butter and toast the rice, add the vegetable broth, the mushrooms and parsley. When cooked, sprinkle with grated Baldo DOP cheese and a knob of butter. Stir to make it creamy and serve.



** Recipe of the Pro Loco of Ferrara di Montebaldo with the member and amateur cook Giorgio Righetti submitted to the "Risotto d'oro delle Pro Loco Veronesi" ("Golden Risotto of the Pro Loco of Verona") competition 2011 at the Rice Fair of Isola della Scala.*

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Gnocchi di malga (mountain pasture)

Ingredients for 7/8 people

- 1 Kg of 00 flour
- 1 egg
- 1/2 a grated nutmeg
- salt (to taste)
- grana or parmesan cheese
(the smoked ricotta is excellent too)
- water put on to boil before working the flour
- pot with at least 5 lt of salted boiling water to which a
tablespoon of extra virgin olive oil is added for seasoning
- 200 g. of mountain butter
- sage leaves (to taste)



Method for the sauce

Dissolve the butter in a saucepan over low heat.

Add the sage and bring to brown without burning it. Pour the dressing so prepared a little at a time into a pan sufficiently large enough to then “sauté” the gnocchi.

Method for the gnocchi

Put the flour in a small bowl, add the egg, salt and powdered nutmeg. Add enough cold water until it becomes a semi-dense dough.

When the water boils, collect a bit of dough on a plate and using a soup spoon, drop the dough into the water by sliding the spoon along the plate.

The dough rises to the surface when it is cooked.

With a slotted spoon, collect the gnocchi and place them in the pan with the butter and add the cheese.

After half a minute in the frying pan (sautéing or stirring) serve them in dishes. The cooked dough (without dressing) can be cooled and left to rest for subsequent cooking (in this case it should be used no later than a max of 24 hours).