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Osteria Murivecchi's carrot and mint risotto. Right: Fiorenzo Giolito tends to the cheese at his family's shop in Bra. Opposite: Piedmont peppers, scenes from the feast, and a field of the Acquerello risotto rice.

CARROT & MINT RISOTTO

Recipe by Osteria Murivecchi, Bra

This distinctive risotto elevates the humble carrot to star of the show.

Serves 4

- 2 garlic cloves, crushed
- Olive oil
- 4 carrots, sliced
- 1 glass of white wine
- 12 mint leaves, shredded
- ¼ onion, finely chopped
- 320g carnaroli rice
- A knob of butter
- A handful of parmesan

Stock

- Olive oil
- 1 onion, peeled, halved and studded with 2 cloves
- 1 carrot, chopped
- 2 sticks of celery, chopped
- 1 leek, chopped
- A sprig of parsley

1 For the stock, add a splash of oil to a pan and gently fry the onion with the cloves until softened. Add 1.75 litres cold water, the remaining veg and parsley, bring to the boil then reduce the heat and simmer for 30 minutes.

2 Meanwhile, add the garlic for the risotto to a frying pan with a few glugs

of olive oil. Sauté the garlic over a high heat until golden, then remove and discard. Add the carrots and sauté for 2–3 minutes. Pour in half the wine, cover with a lid and cook for 3–4 minutes. Remove the pan from the heat, add 8 mint leaves and set aside.

3 Add the onion to a large pan with some olive oil and sauté gently. When the onion has softened and is slightly coloured, increase the heat and add the rice, stirring to coat. Cook for 1 minute then add the remaining wine. When it has evaporated, add a ladleful of hot stock.

4 Cook, stirring continuously, for 15–20 minutes, adding the stock a ladleful at a time and allowing each ladleful to be absorbed before adding the next. After 10 minutes, add the carrot mixture.

5 The rice is ready when it's slightly al dente - you want a yielding exterior with a nutty centre; you may not need to use all the stock. Remove the pan from the heat and stir in the butter and parmesan with a wooden spoon. Season to taste and leave to stand, covered, for 1 minute. Serve garnished with the remaining mint leaves.

Per serving 485 cals, 26.4g fat (7.7g saturated), 8.3g protein, 44.5g carbs, 11.8g sugars