

Orange risotto with vegetables

A wonderfully fruity risotto, creamy and reduced with a good white wine, a great dish in summer or winter.

Preparation time: 50 min. · Level of difficulty: medium ·

Quantity

Ingredients for 4 people.

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2 piece Leeks
4 piece Natural oranges
5 g Finely milled orange peel Pols Taronja
1 piece Onion
2 piece Carrots
1 piece Green, mild peppers
2 piece Celery
150 g Green beans
0.5 piece Cauliflower
8 piece Mushrooms (e.g. shitake)
2 piece Ramallet tomato
100 ml White wine
1 tsp Parsley, fresh or dried
2 piece Duck confit
400 g Risotto rice
100 g Mallorcan cheese semi-mature or similar

Preparation

Clean the vegetables thoroughly with water.

Peel the carrots and celery, dice the leek and clean the cauliflower.

All the leftover vegetables and two half oranges make a vegetable stock that we will use for the risotto.

Juice the oranges and set aside.

Chop the onions and leeks.

Cut the vegetables into 1 cm cubes.

Chop the cauliflower together with the parsley as small as possible.

How to make risotto:

Heat two tablespoons of olive oil in a pan (or: add two tablespoons of duck fat and heat).

Add the onion and leek as soon as they become translucent. Simmer the green pepper for 10 minutes.

Add the carrots, the celery whole as a stalk and the beans, mushrooms and finally grate the tomato without the skin. Simmer for another 10 minutes. Add the wine and reduce sufficiently. (For the duck version: remove the skin and fat from the duck and place it on the bottom of the pan).

Add the rice and mix well, add half of the orange juice and then the vegetable stock (2 parts stock to one part rice) while cooking the rice for 15 minutes.

To give the risotto its delicate flavour and creaminess, mix the other half of the orange juice with the "Pols Orange" (tr. grated orange peel).

Finally, add the grated cheese together with the cauliflower and parsley. (If it gets too dry, deglaze with vegetable stock and a dash of olive oil).