RICE TRIO



Chef: Diego Ponzoni

Menù Ingredients

10 g Pesto alla genovese fresco (Fresh Genovese pesto) - WH0X
140 g Riso rosso integrale precotto - Pre-Cooked Whole Grain Red Rice - RZ1
180 g Riso basmati precotto - Pre-Cooked Basmati Rice - RY1
200 g Riso nero integrale precotto - Pre-Cooked Whole Grain Black Rice - RS1
20 g Dorati - TN1
40 g Èmazzancolle - MJ1
50 g Peperoni interi alla Brace - Roasted Whole Peppers - TT1
6 g Curry in polvere (Curry powder) - 1791
90 g Armonia di Verdure – Harmony of Vegetables Mix - T53
q.b. Olio extravergine di oliva - Extra-Virgin Olive Oil - EK5

Ingredients

80 g Chicken breast
30 g Petit pois
to taste Chopped fresh parsley
to taste Salt and pepper
10 g Chopped onion
40 g Burrata cheese
40 g Peas
to taste Mint
5 g Onion
80 g Salmon fillet
to taste Fresh basil
to taste Soy lecithin

Method

Serves 4

EASTERN-STYLE BASMATI RICE

Massage the bag of Basmati rice and place it in the microwave for about 2 minutes. Open the bag and fluff the rice in a large bowl. Sauté the onion in extra virgin olive oil and brown the diced chicken breast. Then stir in the curry and season with salt and pepper. Boil the peas in boiling water for 3-4 minutes and drain. Dice the roasted peppers. Drain the tiger prawns. Add all the ingredients to the rice and season with oil if too dry. Serve with a sprinkle of chopped parsley.

BLACK RICE WITH BURRATA CHEESE, DORATI TOMATOES AND PEA AND MINT SAUCE

Sauté the onion in a pan with a drizzle of oil and add the peas. Season with salt and pepper and dilute with a little water. Cook for at most two minutes. Add a few mint leaves and blend to a cream with a hand blender. Massage the bag of black rice and place it in the microwave for about 2 minutes. Pour the rice into a bowl and drizzle with extra virgin olive oil. Serve the rice with the pea and mint cream. Finish off with the Burrata cheese and some Dorati tomatoes.

RED RICE WITH MIXED VEGETABLES, SALMON TARTARE AND BASIL FOAM

Massage the bag and place it in the microwave for about 2 minutes. Open the bag and fluff the rice. Season the rice with mixed vegetables and fresh Genovese pesto. Season with salt and pepper to taste. Dice the salmon and prepare the tartare by seasoning it with salt and pepper. On a plate, place the salmon tartare and then the red rice seasoned with mixed vegetables in a square pastry cutter. Press well and remove the mould. Finish off with a top layer of basil foam, previously prepared by using a hand blender to blend water, soy lecithin and basil leaves dipped in boiling water for a few seconds.

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