

RISOTTO & BEYOND

100 Authentic Italian Rice Recipes for Antipasti, Soups,
Salads, Risotti, One-Dish Meals, and Desserts



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Strawberry Rice Cream

GELATO DI RISO ALLA FRAGOLA

Rice gelato is popular in Italy. Frozen rice bits add a pleasing textural pop to the creamy fresh strawberry custard. Known as *originario* due to its long-time presence in Italy, Balilla has a small, soft, round grain, making it a favorite “stir-in” rice. Balilla rice can be purchased online or from purveyors of specialty Italian food products. **MAKES 8 SERVINGS**

WINE PAIRING: Simple, clean flavors require a simple, clean wine pairing—even in desserts. Pop a bottle of “dry” Prosecco. Simple, acacia-scented, and with a touch of sugar, it is a perfect foil for the ripe strawberries.

FOR THE STRAWBERRY GELATO

⅓ cup sugar

1 pound strawberries, hulled and quartered

1¼ cups unsweetened rice milk

½ cup heavy cream

⅓ cup sugar

¼ cup balilla *originario* rice

FOR THE STRAWBERRY COMPOTE

1 pound hulled strawberries, cut in half

⅓ cup sugar

MAKE THE STRAWBERRY GELATO: In a medium heavy-gauge saucepan or pot, combine the sugar and the quartered strawberries over medium heat. Partially crush the berries to release their juice. Cook, stirring, until the sugar dissolves. Reduce the heat to maintain a gentle simmer. Simmer, stirring frequently, for 5 minutes. Remove from the heat; transfer to a bowl and let cool to room temperature. Puree one half of the strawberry-sugar mixture, reserving the remainder in a bowl. Prepare an ice-water bath in your sink.

Clean the saucepan used to cook the strawberries and return it to the stovetop. Stir together the rice milk, cream, sugar, and rice over medium heat until the mixture comes to a boil. Immediately lower the heat, add the pureed strawberries, and simmer gently, stirring, until the rice forms a soft and creamy custard. This should take about 16 minutes from the time the rice milk begins to simmer. Remove the custard from the heat; stir in the reserved cooked quartered strawberries.

Place the saucepan in the ice-water bath, stirring to bring the custard to just below room temperature. Transfer the mixture to an ice cream maker and process according to the manufacturer’s directions. Store the finished gelato, covered, in the freezer.

MAKE THE STRAWBERRY COMPOTE: In a medium heavy-gauge saucepan or pot, combine the halved strawberries and the sugar. Partially crush the berries to release some of their juice. Bring to a boil over medium heat. Immediately reduce the heat to maintain a gentle simmer. Simmer, stirring, for 5 minutes. Cool to room temperature. Refrigerate covered.

Spoon about 2 tablespoons of the chilled strawberry compote into 8 parfait glasses. Top each serving with a scoop of gelato. Serve.



Rice Frittata with Spinach and Parmigiano Reggiano

FRITTATA DI RISO CON SPINACI E PARMIGIANO REGGIANO

Whipped up with texturally enhancing rice, colorful spinach, and flavorful Parmigiano, this frittata makes a tasty, fork-tender appetizer that can also serve as a light brunch or luncheon dish. **MAKES 12 APPETIZER SERVINGS OR 6 MAIN-COURSE SERVINGS**

WINE PAIRING: With floral, rosy aromas, richness, and intrigue, a dry, white Tuscan Viognier is just the thing here.

1¼ cups Arborio *superfino* rice
4 tablespoons (½ stick)
unsalted butter, cubed
1½ teaspoons finely ground
sea salt

1½ tablespoons extra virgin
olive oil, plus more for pan
3 cups lightly packed fresh
spinach leaves
10 large eggs, well beaten

Just under 3 ounces
Parmigiano Reggiano or Grana
Padano, finely grated to make
1⅓ cups
Finely ground black pepper
Extra virgin olive oil

In a medium heavy-gauge saucepan or pot, combine 2⅔ cups water, the rice, butter, and salt. Heat to boiling over medium heat. Reduce the heat to maintain a simmer and cook, uncovered and without stirring, until the rice has absorbed the water, about 30 minutes. Remove the pot from the heat and cool to room temperature; stir.

In a 12-inch oven-safe nonstick skillet, heat the oil over medium-high heat. Stir the spinach until it releases liquid and is cooked. Transfer the spinach to a large bowl. Wipe out the skillet and reuse to bake the frittata.

Whisk the eggs, cheese, and pepper into the bowl of spinach. Stir in the cooked rice and set aside to rest for 30 minutes.

Set the oven rack to the center position and preheat the oven to 375°F. Coat the skillet with olive oil. Add the rice-egg mixture, leveling the top with a spatula. Bake until the frittata is cooked through, firm to the touch, and golden, 30 to 35 minutes. Transfer the skillet from the oven to a cooling rack. Rest for 2 minutes. Run a thin spatula around the edges of the pan. Unmold onto a serving platter. Slice and serve hot or at room temperature.

Rice Tart with Prosciutto

TORTINO DI RISO AL PROSCIUTTO CRUDO

At Quartino, we regularly bake this handsome tart in 12-inch straight-sided tart pans. But an 11-inch nonstick skillet works fine as well, because it gives the *tortino* some height. Another option is to use a 10-inch straight-sided cake pan. Trimming a piece of parchment paper to fit in the bottom of the skillet or pan helps the tart to release more easily. Use thinly sliced prosciutto with an oblong (not round) shape. If possible, have the butcher slice extra-long pieces for you. **MAKES 12 APPETIZER SERVINGS OR 6 TO 8 MAIN-COURSE SERVINGS**

WINE PAIRING: When the texture of your dish is smooth and soft, look for textural structure in the wine. Serve an “Extra Dry” Prosecco Superiore for fizz, freshness, and a touch of aromatic fruit.

1¼ cups Arborio *superfino* rice
4 tablespoons (½ stick) unsalted butter, cubed
½ teaspoon finely ground sea salt
4 large eggs, well beaten
Finely grated zest of 2 lemons

1 teaspoon freshly grated nutmeg
½ small white or yellow onion, finely chopped and sautéed to make ¼ cup cooked
1 tablespoon sweet rice flour (see page 22)

1¼ ounces Parmigiano Reggiano or Grana Padano, finely grated to make ½ cup
Finely ground black pepper
Extra virgin olive oil
4 ounces oblong-shaped prosciutto, sliced paper thin

In a medium heavy-gauge saucepan or pot, combine 3 cups water, the rice, butter, and salt. Heat to boiling over medium heat. Reduce the heat to maintain a simmer and cook, uncovered and without stirring, until the rice has absorbed the water, about 30 minutes. Remove the saucepan from the heat; let cool.

Whisk together the eggs, lemon zest, nutmeg, onion, rice flour, and cheese in a large bowl. Season with pepper and stir in the rice. Set aside for 10 minutes.

Set the oven rack to the center position and preheat the oven to 350°F. Coat the bottom and sides of an 11-inch oven-safe nonstick skillet or a 10-inch straight-sided cake pan with olive oil. Line the bottom with parchment paper cut to fit. Carefully line the bottom and sides of the pan with prosciutto slices, making sure the slices drape over the outside edge by at least 2 inches.

Transfer the rice mixture to the prosciutto-lined pan, leveling the top with a spatula. Fold the prosciutto overhang over the rice to cover as much of the surface of the tart as possible. Cover any exposed tart with extra prosciutto. Bake until firm but moist, about 30 minutes. Cool on a rack for 10 minutes. Invert onto a platter. Discard the parchment paper, and slice. Serve hot or at room temperature.