

FIRST COURSES

Rice creamed with sour butter

Ingredients for 4 people

Bay leaf powder: 100 g bay leaves, chopped

Chicken jus: 600 g chicken wings, chopped - 2 onions - 1 garlic clove - 100 g butter

Extra virgin olive oil to taste - 1 bay leaf

Sour butter: 2 shallots - 100 g white wine - 60 g vinegar - 150 g soft butter

Risotto: 360 g rice - 200 cl vegetable broth - 150 g Parmigiano Reggiano - Salt to taste

Preparation

Bay Leaf Powder:

Dry the bay leaves in the oven at 70°C (158°F) for about 5 hours. Once dry and brittle, blend them until they form a fine powder.

Chicken Jus:

Heat a drizzle of oil in a saucepan and sauté the chicken wings until golden brown.

Add the diced onion and butter, sautéing gently until the butter turns brown and a brown film forms on the bottom.

Scoop off any excess fat, then pour in 4 liters of ice water.

Add the garlic clove and bay leaf and simmer gently until reduced to about 500 ml.

Strain through a fine sieve and reduce until a syrupy consistency is achieved.

Sour Butter:

Reduce the wine, vinegar, and shallots over low heat until you have a few tablespoons of liquid.

Strain the reduction and emulsify it with the softened butter, whisking until creamy.

Risotto:

Toast the rice dry in a saucepan.

Once hot, begin cooking, gradually adding the vegetable broth and stirring until al dente. Fold in the sour butter and Parmigiano Reggiano, seasoning with salt.

Plating:

Spread a thin layer of chicken jus on the bottom of the plate.

Lay the creamed risotto on top and finish with a light dusting of bay leaves.