



Consorzio di Tutela della I.G.P. Riso Nano Vialone Veronese



Timbale of Rice with Pike and Citrus Fruit Sauce

Preparation: Clean the pike and make a fish broth by adding water, celery, the green part of the spring onion, the juice of a lemon and of half an orange and a little salt. When the pike is cooked, remove the flesh taking care to remove all the bones. Brown the chopped spring onion in a little oil in a pan which has a hermetically closing lid and add the rice. Cover with the sieved fish broth until you reach double the volume, so that the rice simmers very gently. After about a quarter of an hour, remove from heat and let the rice absorb the remaining liquid. When the rice is cooked correctly, mix and season with the flesh of the fish, a drizzle of oil, the remaining juice of an orange and some freshly ground pepper. Shape the rice with a ladle or mould and place in the centre of the plate. Season with an orange sauce and decorate with orange slices and parsley.

For the orange sauce: On a low heat amalgamate some fish broth with butter and flour until you have a very dense cream. Add some orange juice and a little cream, add salt and pepper and if necessary sweeten with a little sugar.

Ingredients (4 people)

- 320 g of Nano Vialone Veronese IGP Rice
- 1 spring onion
- 500 g of pike with the head
- 1 rib of celery
- 1 carrot
- 2 lemons
- 2 oranges
- freshly ground pepper
- white wine
- 80 g of extra virgin olive oil
- 80 g fresh cream
- 40 g butter
- 40 g white flour
- parsley for decoration

Accompanying wine

LUGANA