

# FOOD IS CULTURE

The Food is Culture project aims at making European citizens aware that food heritage is a way to express their belonging to Europe and to better understand the richness and uniqueness of its cultural diversity.

## **Jiloca Saffron (Spain)**

Risotto with Teruel sausage and Jiloca Saffron  
José Ramón Plumed

For 4 people

500 grams of rice (carnaroli or another type suitable for risotto)  
300 grams of Teruel sausage (or fresh pork sausage)  
a pinch of Jiloca Saffron  
1 cup of dry white wine  
1 liter of vegetable broth  
300 grams of champignon mushrooms  
125 grams of Parmigiano Reggiano  
100 grams of butter  
1 onion, chopped  
1 garlic clove, finely sliced  
1 sprig of parsley, chopped  
extra virgin olive oil  
salt  
pepper

Preparation and cooking time: 40 minutes

Bring the broth to a simmer over a low flame.

In a wide pan, brown the mushrooms in extra virgin olive oil with the sliced garlic and a pinch of salt. Add the parsley and leave to rest. In a separate pan, brown the sausage in extra virgin olive oil. Meanwhile, sweat the onions in half of the butter in a pot and then add the rice to toast it slightly. Add the white wine and let the alcohol evaporate, then add some hot broth, let it evaporate, add more broth, etc., stirring all the while so that the rice becomes creamy but stays al dente. After about 20 minutes, add the mushrooms, saffron, and sausage. When the rice has reached the desired consistency, add the Parmigiano Reggiano and the rest of the butter. Let the risotto rest for 2 minutes before serving.



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