

# Sibari Carnaroli Risotto with Guanciale, Caciocavallo Silano and Licorice Powder

(by Unione Regionale Cuochi Calabria)

Serves 6 to 8

## Ingredients

◆ 8 cups low-sodium chicken or light meat stock ◆ 3 tablespoons extra virgin olive oil ◆ 1/2 onion, finely chopped ◆ 4 ounces guanciale, cut into thin strips ◆ 12 ounces Carnaroli rice from Sibari ◆ 1/2 cup dry white wine ◆ 4 ounces Caciocavallo Silano, grated ◆ 2 ounces grana Padano, grated ◆ 2 ounces Silano butter ◆ Kosher salt ◆ White pepper ◆ 1/4 cup chopped fresh parsley ◆ Licorice powder

## Method

1. Heat the stock to just simmering in a medium saucepan. Heat the olive oil over medium heat in a large, shallow Dutch oven.
2. Add the onion and guanciale and cook until the onion is softened and the guanciale is just crisp, about 4 minutes. Add the rice.
3. Cook and stir until lightly toasted, about 2 minutes. Add the white wine and cook, stirring, until absorbed.
4. Add enough broth to cover the rice and cook, stirring occasionally, until absorbed. Continue to add broth until the rice is al dente and creamy, about 18 minutes from the time you begin cooking. Remove from the heat and stir in the cheeses, butter and salt and pepper to taste.
5. Stir in the parsley and serve with a sprinkling of licorice.

Source: "Il viaggio di Lidia Bastianich in Calabria"

Food and wine itinerary