



LA FONTANA
RISTORANTE & BAR

Carnaroli Acquerello rice, beetroot, marinated trout and büscion

A recipe from our Chef Carlo Ponti Greppi



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Serves 4 People

FOR THE RISOTTO

360 g superfine Carnaroli rice Acquerello Selection
50 g shallot, finely chopped
0.1 dl Merlot bianco del Ticino
1.2 l vegetable broth
100 ml beetroot juice
300 g marinated salmon trout cubes
120 g of büscion cream cheese
30 g toasted Vallemaggia bread croutons
50 g Grana Padano PDO
50 g butter
30 g extra virgin olive oil
Maldon salt in crystals
Salt and pepper

FOR THE MARINATED TROUT

2 salmon trout fillets (approx. 500 g)
200 g raw cane sugar
200 g coarse salt
Zest of half an orange
Zest of half a lemon
Ground white pepper 1 g
Dill and chervil half a bunch

PREPARATION

Dry the trout fillets well with kitchen paper and remove the bones with fish tongs. In a bowl, gently massage the trout fillets with all the marinating ingredients and place them in the refrigerator covered with the flesh side towards the bottom of the bowl for about 3 hours. Then turn the fillets over with the skin side down and let them marinate again in the refrigerator for another 2 hours. When this process is finished, dry the trout fillets with kitchen paper, taking care to remove all the salt and sugar. Leave on a grill to dry in the fridge overnight. The next day remove the trout skin, cut into cubes and season with a drizzle of extra virgin olive oil.

PREPARATION FOR THE CREAMY BÜSCION

In a bowl, put the büscion with about 30 g cream and mix it until it has a fluid and creamy consistency. Season with salt, pepper and a drizzle of extra virgin olive oil. Pour the contents into pastry pipette and place in the refrigerator.

PREPARATION FOR THE RISOTTO

Boil the vegetable broth. Put 20 g of extra-virgin olive oil in a large, low saucepan, add the shallot and saute without browning. Add the rice and toast it for a couple of minutes. Deglaze with the white wine and let it evaporate. Using a ladle, pour the boiling broth into the rice in small quantities at a time and cook for about 15-16 minutes. Add the beetroot juice and cook the rice. Remove the pan from the heat source and mix in the Parmesan cheese, butter and extra virgin olive oil. Adjust with salt and pepper and consistency with broth. Serve the risotto on a flat plate, pour the creamy büscion in the shape you like, with a spoon distribute the marinated trout, a few bread cubes and decorate with dill tips.

CHEF'S TIPS FOR VEGETARIANS AND VEGANS

For our vegetarian friends who don't want to give up a fantastic risotto, I recommend keeping the recipe the same but replacing the trout with salted pecan nuts to give the risotto a stronger tone. For our vegan friends we rework the recipe by eliminating all animal ingredients and instead of the creamy büscion we use fresh vegan spreadable cheese enriched with thyme and salted pecan nuts. The Vallemaggia bread cubes are replaced with fried tapioca chips to add a crunchy component.

Buon appetito!



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