

Pear risotto with Taleggio cheese

Description



Yield

4 servings



Scheduling

Preparation: 40–45 minutes



Nutritional values (100 g or 100 ml)

energy: 640 kJ/150 kcal;

fat: 6 g, of which saturated 3.5 g;

carbohydrates: 17 g, of which sugars 2 g;

protein: 4 g; salt 0.8 g

Recipe

Ingredients (1'557 g)

80 g	onions
4 g	garlic, fresh
300 g	pears, fresh
20 g	butter
250 g	risotto rice
400 g	white wine
300 g	vegetable bouillon
200 g	Taleggio cheese
2 g	table salt
1 g	pepper, black

Production

1

Preparation

Finely chop the onions and garlic. Peel the pears, remove the cores and cut into cubes about 0.5 cm in size.

Heat the butter in a medium-sized pan. Sauté the onions and garlic. Add the pears and sauté briefly. Add the rice and sauté briefly as well.

Pour in the white wine and cook everything, stirring constantly, until the wine is completely absorbed by the rice. Then gradually add the hot vegetable bouillon and cook the risotto, stirring continuously, until it is al dente.

Remove the rind from the Taleggio and cut the cheese into cubes.

As soon as the risotto is creamy but still firm to the bite, stir in the Taleggio cheese until it has melted. Season to taste with salt and plenty of freshly ground pepper. Cover the risotto and leave to stand next to the hotplate for another 2 minutes.

2

Serving

Arrange on hot, deep plates and serve immediately.