

RICE OF LUGANEGA

Ingredients (4 people):

For the rice:

- 300 g rice
- 100 g of sausage (luganega)
- 1 small onion
- 1 l of broth
- 50 g of butter
- 50 g grated Parmesan cheese
- 1 glass of dry white wine
- saffron

For the broth

- 2 liters of water
- 200 g of beef
- ¼ chicken or capon
- a Costa celery
- 1 onion
- 1 clove
- 1 carrot
- 5 stems of parsley

preparation:

rice:

1. Finely chop the onion (or onion blonde).
2. Cut the sausage into small pieces.
3. Sauté the onion in the oil and the sausage until it loses its reddish color.
4. A medium heat, add the rice, pour the white wine and let it evaporate, stirring.
5. Gradually add the hot broth and continue cooking while maintaining mixed.
6. About three quarters cooked (usually employs a total of 18-20 minutes), add the saffron.
7. Finish cooking and serve hot.

Broth:

Take a clay pot or, alternatively, a very large pot with a thick bottom, which guarantees a constant boiling temperature. Pour the cold water and add the pieces of meat, then let rest for about thirty minutes. If you want to make the soup even more rich, you can use in addition some beef bones. Then placed the pan on a low heat and bring the broth to a boil very slowly. Salt lightly and remove carefully, using the special slotted spoon (or slotted spoon) foam and impurities that hand to hand will form on the surface. When the broth will be very clear, turn off the heat. Once warmed, put the broth to simmer, joining the celery, carrot, whole peeled, parsley and onion, peeled, in which you have stuck a clove (which you will have to remove after cooking). Simmer the broth very slowly, keeping it covered, and let it cook on low heat for at least 3 hours. Just before removing from heat, savory broth with a pinch of

salt. Leave to cool the broth in a cold environment, until you form a thickened layer of fat on the surface.

Finally, with the aid of a slotted spoon, remove in whole or in part the oily layer (depending on what is required by the recipe) so as to obtain, respectively, a broth totally or partially defatted.