

The story: “It is said that in 1574, the zafferanno was used, in the preparation of the famous yellow rice, said since then,” Milanese “. According to a manuscript in the library Trivulziana, Master Valerio of Flanders, the Flemish Louvain who was then working on the stained glass windows of the Cathedral of Milan was assisted in its work by an assistant who was nicknamed Zafferano. His nickname came from the fact that he used to always mix a bit ‘of saffron in its mixtures of colors to make them more vivid. As a joke one day the teacher told him that he would continue end up putting the yellow also in the dishes. Saffron took him at his word, and on the day of the wedding of the daughter of Valerio (September 1754), He made a joke, he agreed with the cook in charge of the banquet and did add the saffron to the rice, at that time the rice was topped with butter only. The risotto, initially greeted with amazement and suspicion by diners after all had a great appreciation, thanks not only to taste of the saffron, but also to its golden yellow color, synonymous with wealth and happiness. It was such a success that the news of the dish became “fashionable” very quickly through the city, and soon every Milanese tasted the risotto colored in yellow.”

Recipe:

For 4 people, average 25 minutes cooking

Ingredients:

- 125 gr. Butter
- 1 glass of white wine
- 150 gr. Grana Padano DOP (Original Parmesan Cheese)
- 1/2 golden onion
- 300 gr. Arborio rice
- 200 mg. Saffron powder
- 1 l. Vegetable broth

How to prepare it:

- 1) To prepare the risotto with saffron begin by finely chopping the onion, then melt over low heat 80 g of butter being careful not to fry it, then add the finely chopped onion and let it fry, stirring constantly with a wooden spoon.
- 2) Add the rice and toast it, making it absorb the butter, then increase the heat and pour the rice first with wine and make it evaporate, then add 2 ladles of hot broth, stir constantly. When the broth is almost absorbed, add 2 more ladles. This operation must be repeated until the complete cooking.
- 3) In the last 5 minutes of cooking, dissolve the saffron in a glass of broth and pour it in the rice mixing well. Once the rice has reached the desired cooking, it should be removed from the heat and whipped with grated Parmesan cheese and the remaining butter. At this point, taste the rice and salt if necessary adjust it: we recommend you to do this just before the end of cooking, as rice is soaked in salty broth that is already in itself, so it is best to check the degree of flavor to term, in order to avoid disappointment. Before serving, it is best to leave the saffron risotto rest for a moment, so that it can absorb the taste further. Sprinkle the saffron on the risotto to decorate the serving dishes.

