

January IN THE ISSUE



Cover recipe

Mediterranean veg risotto *Risotto con verdure*

SERVES 4

180g risotto rice

1 aubergine, trimmed, diced

2 courgettes, trimmed, diced

1 red pepper, core and seeds removed, flesh diced

1 yellow pepper, core and seeds removed, flesh diced

1-1.5 litres of vegetable stock

a handful of flat-leaf parsley, chopped

a knob of unsalted butter

30g Parmesan, grated
olive oil
salt and freshly ground black pepper

Place 2-3 tbsp oil in a large heavy-based frying pan and add the diced vegetables. Stir everything together and fry over a gentle heat for 6-7 minutes. Remove and set aside.

Heat another 2 tbsp olive oil in the pan, and when hot add the rice. Stir well to ensure that each grain of rice is coated. Next, add a ladleful of stock to the rice and stir until absorbed. Keep adding the stock a ladleful at a time, stirring, until the rice has been cooking for 10 minutes. At this point add the vegetables and stir them in.

Keep adding the stock a ladleful at a time and stirring until the rice is cooked, which should take about 15-17 minutes. Once the rice is cooked add the parsley, Parmesan and a knob of butter. Allow to rest for a few minutes and serve.



14



41

IN SEASON

10 What's in season

The best ingredients to savour this month.

16 Five reasons to visit Venice

Gourmet specialities to seek out around Venice's canal-lined streets.

17 Good news, bad news

Keep up-to-date with what's been going on in the world of Italian food.

18 In print

The latest Italian cook book releases.

18 What's on in Italy and the UK this month

19 Say cheese!

Unusual ways to present your cheese selection at a party.

20 Table talk

Discover this month's Italian restaurant news.

21 Katie Caldesi, a cook's travels ❀

Katie Caldesi learns about *cucina povera*.

FEATURES

46 Local Hero: Acquerello rice

Mario Matassa visits Acquerello, an old Italian rice producer with a unique story to tell.



36



65



57

RECIPES

- 12 In season recipes**
- 22 Risotto season** ❀
Mario Matassa makes rice the star of the show.
- 34 Pronto! Midweek meals in minutes** ❀
- 39 Celebrate Italian-style** ❀
Simple yet delicious party treats for your New Year gatherings.
- 43 Giancarlo's masterclass** ❀
Giancarlo Caldesi shows us how to make minestrone soup.
- 51 A taste of Naples** ❀
Arturo Iengo shares his favourite southern Italian dishes.
- 58 Notes from Le Marche**
Ashley and Jason Bartner offer their tips for seasonal eating.
- 61 Comfort cooking**
Hearty recipes to keep you going throughout the winter.
- 66 MasterChefs Italian basics** ❀
Simple step-by-step guides to making three Italian classics.
- 71 4 takes on party food** ❀
Bite-sized eats for all your party needs.
- 82 Cucina della nonna**
Marco Molinari recreates his grandmother's favourite *la befana* dish.

❀ Denotes on the cover

TRIED & TASTED

- 76 Drink Italia**
All you need to know about Italian wine.
- 78 Tried & tasted olives**
We put seven varieties of Italian olives to the test.

EVERY ISSUE

- 9 In the mail**
- 32 Subscribe to Taste Italia**
- 74 Ask Taste Italia**
- 80 Weights and measures**
- 81 Next issue**

Turn the page for a full listing of this month's recipes in our recipe finder

Subscribe
Subscribe to *Taste Italia*
and SAVE 25%

32

