



## ROSU KIN COZZAS TAFFARANU E BUTTARIGA

from  
**Sweet Myrtle & Bitter Honey**  
The Mediterranean Flavors of Sardinia  
By Efsio Farris with Jim Eber

Published by Rizzoli International Publications (October 2007)

### **Rosu kin Cozzas Taffaranu e Buttariga** *Risotto with mussels, saffron, and bottarga*

Serves 4

- 3 pounds mussels
- 4 cups fish stock
- 4 tablespoons extra virgin olive oil
- 4 garlic cloves
- 1 cup Vermentino wine (or other dry white wine)
- 1 small bunch flat leaf parsley, finely chopped
- Pinch of saffron
- 1 medium shallot, finely chopped
- 2 cups Carnaroli rice
- 2 tablespoons grated bottarga di muggine
- 4 tablespoons (½ stick) unsalted butter
- 1 ounce whole bottarga di muggine, thinly shaved

Rinse mussels thoroughly to remove impurities.

In a medium saucepan over high heat, bring the fish stock to a boil. Reduce heat to low, keeping stock hot.

Heat 2 tablespoons of olive oil over medium heat. Gently crack garlic cloves with the side of a knife and add to skillet to flavor the oil. Add mussels and cover for 3 to 4 minutes, until mussels begin to open. Add ½ cup of the wine and cook until alcohol evaporates. Add ½ cup of fish stock, the parsley, and saffron and let simmer for 3 minutes. Reserve 16 mussels and set aside; shell remaining mussels and return to pan. Remove garlic and discard.

In a thick bottomed saucepan (copper is best), heat remaining 2 tablespoons of olive oil over a medium-high heat. Add shallot and cook until translucent. Add the rice, stirring

continuously with a wooden spoon for 2 to 3 minutes. Add remaining wine, stirring until alcohol is evaporated.

Gradually ladle in the fish stock, stirring continuously with the wooden spoon, making sure rice does not stick to the bottom of the pan. Add more stock as it is absorbed, until rice is al dente and creamy, for about 15 minutes. Add mussel sauce and stir until combined.

Remove from heat and stir in the grated bottarga. Add butter and stir until combined well. Let rest for a few minutes before serving, decorated with reserved mussels and shavings of bottarga.