



ROSU CREMOSU KIN ABBATHU

from

Sweet Myrtle & Bitter Honey

The Mediterranean Flavors of Sardinia

By Efisio Farris with Jim Eber

Published by Rizzoli International Publications (October 2007)

Rosu Cremosu kin Abbathu *Risotto with goat cheese and abbamele*

Serves 4

- 4 cups vegetable stock
- 4 tablespoons (½ stick) unsalted butter
- 1 shallot, minced
- 2 cups Sardinian Roma rice
- ½ cup sparkling white wine
- ½ cup creamy goat cheese
- ½ cup heavy cream
- 4 tablespoons abbamele
- ½ cup grated young Pecorino Sardo cheese (or other young pecorino cheese)
- 1 bunch chives, finely chopped

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

In a thick-bottomed saucepan (copper is best), heat butter over medium-high heat. Add shallots and cook until translucent. Add the rice, stirring continuously with a wooden spoon for 2 to 3 minutes. Add the sparkling white wine, stirring until liquid is absorbed.

Gradually ladle in the vegetable stock and season to taste, 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 for 12 minutes.

Stir in goat cheese and heavy cream until well incorporated. Add 2 tablespoons of abbamele and stir continuously for 3 to 5 minutes until rice is creamy and al dente.

Remove from heat and stir in the pecorino and the chives. Drizzle with the remaining 2 tablespoons of abbamele before serving.