



BOOK OF DELIGHTS

“TRUFFLE MENU”

1.9.2017

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RISOTTO PERE E GORGONZOLA

Quantity for 4 people

- 300 gr Rice Carnaroli
- 100 gr Gorgonzola cheese (“piccante”)
- 2 shallots or 1 onion
- 2 Pears
- 40 gr walnuts (optional)
- 50 gr Butter
- 1 glass white wine
- 100 gr Parmigiano Reggiano or Grana Padano
- Salt, white pepper (freshly grinded)
- Vegetable stock approx. 0.75 lit



Instructions

1. To prepare the risotto with gorgonzola cheese and pears, start by preparing a tasty vegetable stock. Peel and chop in small pieces 1 celery root, 1 onion, 1 kg of carrots and cook with seasoning like parsley, allspice (aka Jamaican pepper), laurel.
2. If you wish to add the optional walnuts, coarsely chop them and set aside.
3. Cut one of the pears in regular, peeled slices. Melt a tablespoon of cane sugar and butter in a pan, and gently caramelize the slices. Set aside for decoration.
4. Finely chop the shallots, then place them in a pan with 30 g of butter, and let it fry. Add the rice and toast for a few minutes, then add the white wine and let it evaporate.
5. Gradually add a ladle of stock at a time, until the rice is completely cooked (about 15 minutes). Meanwhile, peel the other pear, remove the seeds, cut into cubes. If the pear is very hard, blend quickly in a mixer. Deprive the gorgonzola of its crust and cut into cubes.
6. About 5 minutes before the rice is ready, add the gorgonzola cubes and the diced or blended pear.
7. Turn off the heat, add the grated Parmesan and stir in the remaining butter. Serve the rice and garnish with chopped walnuts and slices of pear.

Timing

- 30' stock preparation
- 20' rice preparation and cooking

Gourmet tip: mascarpone or Castelmagno kiss

- For a milder taste, you can use mild Gorgonzola cheese (“dolce” in Italian) and add 2 spoons of mascarpone with it, or add Castelmagno cheese on the dish before serving.

RISOTTO WITH MUSHROOMS

Quantity for 4 portions

- 300 gr Rice Carnaroli
- 500 gr fresh mushrooms
- 2 tbsp butter
- 1 garlic clove
- 1 shallot
- Pinch white or pink pepper, salt
- 80 gr grated Parmigiano Reggiano or Grana Padano
- 10 cl white wine
- parsley



Instructions

1. Start by preparing a tasty vegetable stock. Peel and chop in small pieces 1 celery root, 1 onion, 1 kg of carrots and cook with seasoning like parsley, allspice (aka Jamaican pepper), laurel.
2. Prepare the mushrooms: wash, clean, wipe with a damp cloth and cut them into slices.
3. Cut the shallot and melt the butter in a frying pan, add the peeled garlic to brown, then add the mushrooms and fry at medium-high heat to roast them. You can put a sprig of thyme or rosemary while sautéing the mushrooms and then remove it.
4. Finely chop the shallots, then place them in a pan with 30 g of butter, and let it fry. Add the rice and toast for a few minutes, then add the white wine and let it evaporate.
5. Then gradually add a ladle of stock at a time, until the rice is almost cooked (about 10 minutes).
6. About 5 minutes before the rice is ready, add the mushroom. Turn off the heat and stir in the remaining butter.
7. Serve in dishes sprinkling the surface with a bit of freshly ground parsley and freshly grated Parmigiano Reggiano or Grana Padano.

Gourmet tip: truffle "risotto"

- When the rice is almost ready, add a spoonful of white truffle butter instead of normal butter, or 2 tablespoons of black truffle & mushroom paste. Garnish the dishes with some drops of truffle-flavoured olive oil.
- A generous shaving of fresh white truffle from Alba would be a stairway to heaven.

TARTUFI DI CIOCCOLATO

(Chocolate truffles)

Quantity for approx.30 truffles

- 150 ml double cream
- 200 g dark chocolate, high quality
- 150 g milk chocolate, high quality
- 1 shot of rum, according to taste
- 1 teaspoon vanilla sugar or essence
- 3 spoons Bitter Cocoa powder



Instructions

1. Finely chop the milk and dark chocolate. Pour the cream into a saucepan and bring to almost boil, then remove from the heat and add the two types of chocolate and the rum. Stir to dissolve until the whole mixture is smooth and free of lumps. Keep stirring until the mixture becomes creamy, then let it cool completely and then, when the mixture is cold, but not yet completely solid, stir vigorously to obtain a lighter mixture.
2. Pour the cocoa powder in a flat cup. Form small mounds of the mixture with the aid of two teaspoons and roll them in the cocoa powder using your fingers.
3. Store the truffles in a cool place or in the refrigerator in a covered container until ready to serve.

Timing

- 10` mixture preparation, at least 60` cooling or until almost solid
- 30` truffle preparation

Gourmet tip: truffle hunting

- Get everyone around the table to spoon their own truffles out of the serving dish and roll them in cocoa powder, crushed nuts or pistachios. You can also prepare some of the pralines inserting a roasted hazelnut, another typical Piedmontese delicacy, and coating the praline with hazelnut crumble.

DATE TRUFFLES

Quantity for approx. 35 truffles

- 3 cups dates, pitted and chopped (about 30 dates)
- 2 shots espresso
- 1 cup walnuts, chopped finely
- 1/2 cup shredded coconut, sweetened or unsweetened
- ½ tsp. ground cinnamon
- 3/4 tsp. finely grated orange or lemon zest
- 1/2 cup or more unsweetened cocoa powder for dusting
- 1 cup = 250 ml



Instructions

1. Soften dates by soaking them for 3 to 5 minutes in the warm (not hot) espresso coffee.
2. Drain dates and discard liquid. Mash dates on a cutting board with a fork to form a paste.
3. Transfer to a large mixing bowl and stir in walnuts, coconut, cinnamon and zest. Mix well and shape into 3-4 cm balls.
4. Place cocoa powder in a shallow bowl. Roll truffles in cocoa powder to coat.
5. For a sweeter, firmer coating than the cocoa powder, melt 12 ounces semi-sweet chocolate in a double boiler and dip truffles to coat. Allow truffles to cool for 30 minutes to harden

Timing

- 30' truffle preparation

Gourmet tip: truffle hunting

- Get everyone around the table to spoon their own truffles out of the serving dish and roll them in cocoa powder, crushed almonds or pistachios.