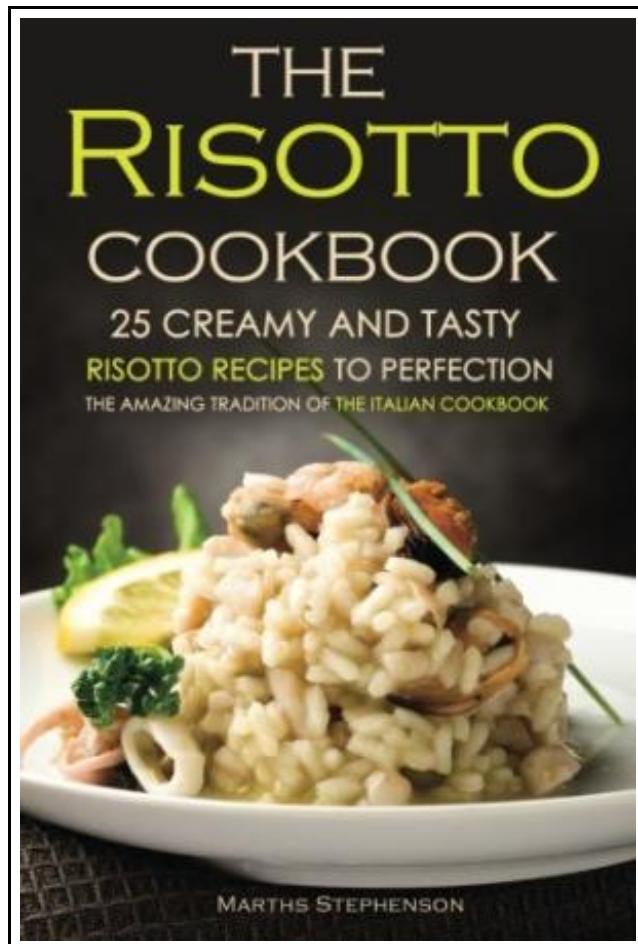


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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Risotto! We are never tired of this creamy and tasty dish made to perfection. The risotto proves that Italian cuisine is not just pasta and pizza, but suggests us a large variety of dishes one tastier than the other. The risotto expresses a certain lifestyle, a certain philosophy, an art, a desire. I would say everything fits in the ability to control ones appetite: you should know that while the consumption of pasta relates to a pressing need to eat quickly, the risotto instead requires patience. Of course all this is a result of culture, lifestyle, history, and geography. There is often a mystery related to the origin of a dish. When it appeared? How and why was it created? What is definite is that the dish appeared long time before it became a classic and a star on our tables. At the beginning it was just rice. What the Venetians realized over the centuries is that rice always needs a support to be highlighted. Thanks to the natural binder - starch, which gives the rice the tough and tender consistency, the risotto rice allows most foreign things to mingle perfectly with each other. According to historians of gastronomy and existing records the first risotto recipe dates back to the mid of 19th century. The first recipe is included in a cookbook by Artusi, one of the authors writing books about famous Italian recipes. The secret and success of the risotto has always been the rice, round grain and short rice such as the Arborio, the Carnaroli or the Nano Vialone, which contains high amylopectin content while being low in amylase. These characteristics of rice are necessary for...

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