

Spring – a walk in the country and the harvest you gathered yourself turned straight into a dish in the kitchen, one that can really only be made at this time of the year!

## Risotto ai fiori di tarassaco

### Risotto with dandelion flowers

#### Ingredients for 4 people

**1 onion**

**1 garlic clove** peel and chop both and sweat them in  
**4 tbsp olive oil** gently.

**1 bay leaf** and

**350 g risotto rice** add, continue to sweat and deglaze with  
**0.5 dl white wine** to finish.

**About 8 dl to 1 l of hot stock** add gradually, cook over a low flame, stirring now and then.

After 10 minutes the risotto can be set aside uncovered. Cover it with stock and finish cooking it later

**1 large handful of dandelion flowers** pluck off the petals (set 4 whole heads aside for decoration).

**1 small handful of still tender dandelion leaves** cut finely.

Add half the plucked petals and all the greenery to the risotto as you reheat it and finish cooking over a low flame. Stir often, which makes it creamier.

Right at the end stir in generous amounts of  
**butter and Parmesan** to finish.

Depending on taste serve the rice still slightly al dente; it must in any case be on the «soupy» side. If it is seasoned enough, simply pour in some hot water.

When serving, scatter the second half of the petals over the risotto on the plate and decorate with the whole flowers.

**Podere Riparbella**

Agriturismo ecologico

Agricoltura biologica

58024 Massa Marittima, Italia

T +39 0566 91 55 57

[www.riparbella.com](http://www.riparbella.com)



#### VERONICA'S TIP:

Pick the flowers only in the late afternoon and keep them in a glass of water. Otherwise the heads close and plucking gets harder. Harvest the tender leaves, as the large ones are quite bitter. Did you know that every part of the dandelion is edible: roots, leaves, stalks and flowers? Yes, the stalks too, which were long thought to be poisonous.