

High Not Achieved

Please note – These are extracts from one student’s response

Risotto is a staple food of Italy. The rice for Italian risotto is grown in North Italy. When we cook the risotto, onion and garlic are stir fried, then the rice added and some white wine. Then you must add stock layer by layer because it will help the rice absorb the liquid. You stir the rice gently until all the liquid has been absorbed, and then you add another ladle of stock. Lots of parmesan is stirred through at the end. The whole process for us to make risotto took about 25 – 30 minutes. Because you are using simple ingredients the risotto doesn't come with too many different flavours. The oil for making risotto is olive oil and in Italy people usually buy their olive oil from a local producer or a shop that deals with local products. There are different types of rice for making risotto – the most popular being Vialone Nano, Carnaroli and Arborio.

1

Risotto rice is very different from other rice in that the grains have two shells of layers. The outer shell is soft and the inner shell is harder and more robust. Cooked risotto is very creamy and buttery.

2

Risotto is a high carbohydrate food and Italian people eat it before a main meal. In Italy lunch is usually the main meal of the day and dinner is a light meal such as a soup or salad. In New Zealand, dinner is usually the main meal and lunch is the lighter meal. Italians cook their risotto with love and passion and will spend all day cooking a meal so it is perfect.

3

We made risotto in class one day and I very much liked the taste. It is easy to make and uses simple ingredients such as rice, stock, mushrooms, onions and parmesan cheese, but it also takes a long time to cook the rice. We now also see packet risotto in New Zealand in the supermarket. The method is on the packet; just put it in the microwave and cook for a few minutes. It does save time but is not very healthy. If you want, you can put some different flavour into the risotto e.g. dried tomato.

4

More authentic foods are appearing in New Zealand supermarkets and specialty shops. This makes more people want to try them and find out what Italian people eat like.