

RISO



Rice is the most widely grown cereal in the world and it is the basic food for billion of persons. It was originally introduced from Africa, where it is cultivated since the most ancient times.

It is one of the cereals most rich in starch and poor in gluten; it has a low fat content and high digestibility; moreover, it has a regulating effect on the intestinal flora.

Rice is also rich in potassium, that helps to regulate the heart pace, in selenium, that increases the immune defences and the antibody production; silicon that has the propriety to stimulate the osteopoietic cells that help to keep healthy connective tissues, teeth, bones, nails and hair. Rice can be cultivated at different temperatures and in different habitats; in dry, half-submerged or submerged fields. In Italy, the first producer on European level, it is cultivated in half submerged fields, because they guarantee constant temperature and humidity. It is cultivated in the famous areas of Novara, Vercelli and Pavia but also in Veneto: in Grumolo delle Abadesse, a village half-way between Vicenza and Padua, there is one of the reference poles for the cultivation and diffusion of rice. It was introduced in the XVI century by the Benedictine nuns of the St. Peter's abbey of Vicenza. The nuns made reclaim, disforest and dry many areas and build irrigation canals in order to facilitate rice cultivation. Today it is a Slow Food presidium and this is the rice that we bring on your table.

CURIOSITIES: Through the biochemical affinities existing between rice and epidermal this cereal acts on the skin like a real natural anti-age treatment. The gamma oryzanol contained in the rice is a natural filter that guarantees the skin protection against the aggression of the ultraviolet radiations. The rice starch finely pulverized has an refreshing and emollient effect. When it is pure, it is a mighty anti-inflammatory for irritated and delicate skin, also for the children's skin. The rice oil helps to keep the skin elasticity

AND NOW A TYPICAL RECIPE FROM VENETO TRADITION



“RISI E BISI” (Rice and peas)

Ingredients (for 4 persons): 400 grams rice, 1 Kg fresh peas in pod, 100 grams bacon (or better 50 grams bacon and 50 grams row ham), 1 litre vegetal broth, half onion, 1 stem of celery, grated parmesan, extra-virgin olive oil, salt and pepper

In the first place prepare a light broth and let it cool.

In the meantime hull the peas, rinse the pods and put in the cold broth, then let them boil for about 60 minutes over a slow fire.

When they are cooked, filter the broth and sieve the pods; then collect the purée and put it again in the filtered broth.

At this point brown the finely chopped onion and bacon in a little oil. Then add the peas and let them flavor with two ladlefuls of broth, mixing for at least 5 minutes..

Now pour the rest of broth in the pot, season with salt and pepper and bring to boil.

Add the rice and cook it firm, often mixing the soup with a wooden spoon.

Don't forget to have some hot water within reach, in case the rice become too dry. When it is cooked should have the consistence of a thick soup.

Put out the fire, mix your “risi e bisi” with parmesan and serve it hot.

