



ANSELMI SCAMPI PORCINI WITH PAN FRIED COD & SAMPHIRE

INGREDIENTS:

Per 4 servings

- 1 Box Raw Large King Prawns in Shell (16 per Box from Asian Supermarket)
- 4 Fillets of Fresh Cod – skin on
- 150 grams Gallo Arborio rice
- Fresh Porcini Mushrooms (substitute with Girsoles or a mix of Shitaki, Oyster & Chestnut Mushrooms if unavailable)
- 1 Medium Onion
- 4 Banana Shallots
- 4 Cloves of garlic
- 1 Carrot
- 3 celery stalks with leaves
- 2 Bay Leaves
- Toasted Fennel seeds, cumin seeds and caraway seeds (Toast first in a dry pan)
- Pinch of fresh Saffron
- Fresh Flat leaf parsley
- butter
- 1 Glass of **ANSELMI** white wine (and more to drink with finished dish!)
- Olive Oil
- salt and pepper to taste

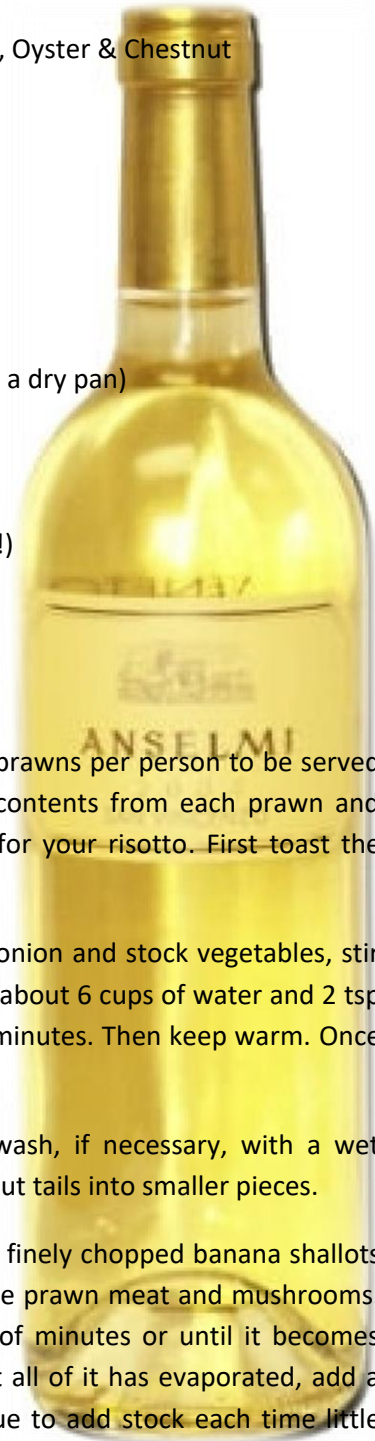
PREPARATION:

Clean the prawns and remove all of the shell but not the tails on 3 prawns per person to be served whole (you can remove tails on the rest). Remove the black gut contents from each prawn and discard that. Use the shells to make an intensely flavoured stock for your risotto. First toast the fennel, cumin and caraway seeds in a dry pan and set aside.

Put a little olive oil in a deep soup/stock pot and add the chopped onion and stock vegetables, stir for a few minutes and then add the toasted seeds, prawn shells and about 6 cups of water and 2 tsp salt. Bring to a boil and simmer over a very low heat for at least 20 minutes. Then keep warm. Once ready to use for your risotto, strain so that only the liquid remains.

Clean the mushrooms by cutting off the tips of the stems and wash, if necessary, with a wet dishcloth. Then cut into thin slices. Chop the remaining prawns without tails into smaller pieces.

Place a deep pot over medium heat. Add oil, and once it is hot, add finely chopped banana shallots and crushed garlic. Do not let it brown. Once slightly golden, add the prawn meat and mushrooms. Cook for about 2 minutes. Add the rice and toast it for a couple of minutes or until it becomes transparent. Then add the glass of ANSELMI wine and, once almost all of it has evaporated, add a couple ladles of your hot prawn stock. Lower the heat and continue to add stock each time little



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holes start to appear in the bubbling rice, a ladleful at a time and stir, as it is absorbed by the rice. During this time, add some warm water to your saffron in a small bowl and swirl through the Risotto to add a delicate golden colour.

After about 12-15 minutes, adjust the salt and pepper. Remove the pot from the heat and stir in a good knob of butter. Italians describing the consistency of risotto required say it should be like “un'onda” – like a wave – not solid. The rice should still be a tiny bit al dente, not completely mush. Before serving, check to see if the risotto is too dry. If so, add more stock or hot water. Stir and serve immediately.

In a separate pan put a little oil and a small knob of butter and quickly sauté the whole king prawns with a little crushed garlic and finely chopped parsley. They will only take a few minutes to cook, so remove from the heat immediately as soon as no longer translucent.

Once Risotto is almost cooked add some olive oil to a cast iron or stainless steel frying pan and heat well. Ensure the fish is really dry. Pat dry with kitchen roll if necessary. Season the fish on both sides with salt & pepper and only once the oil is hot slide the fish into the hot oil gently skin side down. Do not touch the fish until you see it brown around the edge and start to slightly cook half way up the fillet. Turn over for just a few minutes and then remove from heat.

In a separate pan add the washed samphire with a ladle of your stock, a tiny knob of butter.

Serve risotto and sprinkle some fresh parsley on top. Serve your fillet of fried fish on top of the Risotto skin side up with the samphire on the side.

Enjoy with a nicely chilled glass of Iconic ANSELMI SAN VINCENZO white wine from Monteforte in the Soave region of Northern Italy, near Lake Garda.

Recipe by Thomas Soliman

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