

SARTU DI RISO - BAKED RICE (Mama Margaret & Friends Cooking Adventure in Italy www.italycookingschools.com)

This is a traditional rice dish from Naples. It comes in the form of a donut and can be topped with meat sauce or a white sauce.

INGREDIENTS



2 Tablespoons olive oil

1 cup peas

1 small yellow onion, sliced

500 g rice

500 ml Bolognese Sauce

240 ml Béchamel Sauce

2 hard-boiled eggs, chopped

1/4 cup emmental or mozzarella cheese, chopped

3 tablespoons parmesan cheese, grated

2 tablespoons basil chopped

Preheat oven to 180C

Prepare rice according to package directions. Drain; set aside.

In a frying pan, heat oil over high heat for 1 minute or until hot. Add peas and onions; sauté 3 minutes or until onions are slightly golden. Remove from heat; set aside.

Combine rice with Bolognese and béchamel sauces, mix well

Add eggs, emmental or mozzarella cheese, parmesan cheese and basil; mix until vegetables are evenly distributed throughout rice

Spoon into ungreased baking dish. Bake 25 minutes. Let stand 5 minutes before serving.

BECHAMEL SAUCE

5 tablespoons butter

1 tablespoon gf flour (I use sweet rice flour)

200 ml warm milk

salt and pepper

dash of ground nutmeg

In a saucepan, melt butter over low heat. Add flour; stir until completely blended and lump-free. Gradually add warm milk, stirring continuously until all ingredients are combined and smooth. Add salt and pepper to taste and dash of nutmeg; stir until creamy.

BOLOGNESE SAUCE

3 tablespoons olive oil
2 cloves garlic, sliced
1 celery stalk, diced
2 carrots, peeled, diced
1 small chipolota onion chopped (yellow onion)
500g or 1 lb veal finely ground (I used pork mixed with beef)
1/2 cup white wine
3 1/2 oz. tomato paste
salt
1 bay leaf
2 cups water

In a saucepan, heat oil over high heat for 1 minute or until hot. Reduce heat to low. Add garlic, celery, carrots and onions. Sauté slowly about 15 minutes or until soft. Add ground meat and stir well. Sauté 10 minutes or until meat is nicely brown. Add wine, cook 2 minutes. Add tomato paste, salt, bay leaf, and water, stir until well blended. Cook over low heat for 30 minutes.