

Grain

13 rice recipes by Essential Cuisine & Riso Gallo



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Our passion. Your creation.



Contents

Introduction	5
Mushroom Arancini	7
Vegetarian Gallo Rice Salad	9
Lobster Risotto	11
Tiramisu using Crème Anglaise Rice Pudding	13
Wild Mushroom Claypot Rice	15
Smoked Finnan Haddock Kedgeree	17
Iberico Pork Paella	19
Salmon Poke Bowl	21
Red Rice Warm Salad	23
Mushroom Risotto	25
Nero Rice Salad	27
Ossobuco Saffron Risotto	29
Crème Anglaise Rice Pudding	31





Introduction

A recipe book dedicated to one of the most versatile and delicious foods on the planet - some might say an 'essential' ingredient for so many classic dishes, rice.

Rice has been grown in Italy for over 500 years, particularly in the North. Robbio is home to one of the oldest rice millers, Riso Gallo. Now in its sixth generation, the brand continues to enhance its quality, combining tradition and passion with innovation.

We are so pleased to have teamed with such a high quality, like-minded manufacturer, to bring you 13 unique recipes developed by our talented development chefs. Going beyond the norm, these exciting rice-based creations have been brought to life with the very best stocks and sauce bases on the market.

From rice salads to arancini, risotto to tiramisu, poke bowl to paella – these recipes have been developed to highlight the versatility of our ingredients, using the freshest, seasonal produce, with simple step-by-step methodologies – we are sure these dishes will impress your customers.

We'd love you to share your creations with us on social media tag **@chef.essential** and **@risogallouk** on Instagram.

Mushroom Arancini

🕒 Prep 45 mins

🕒 Cook 30 Mins

🍴 Serves 10 People

Ingredients

750g *Riso Gallo Sustainable Arborio Rice*

3 litres water / 48g of *Essential Cuisine Mushroom Stock Mix*

2 eggs

100g onions, finely chopped

400g smoked scamorza cheese, diced

180g grated Grana Padano

60g unsalted butter

3 litres vegetable oil

3 tbsps olive oil

30ml dry white wine

1500g mixed mushrooms

20g *Essential Cuisine Wild Mushroom Glace*

Flour to dust

5 eggs for the egg wash

900g breadcrumbs or panko

Salad to garnish

To serve *Essential Cuisine Signature Hollandaise Sauce*

Salt and pepper to taste

Method

1. Wash and trim the mushrooms and cut thinly. Pan fry in a large pan with olive oil, garlic and herbs, season only when golden, remove from the heat and keep aside.
2. In a large casserole dish, roast the *Riso Gallo Sustainable Arborio Rice* on a low heat with a pinch of salt, without adding any oil or fat, keep stirring, so the rice does not catch on the bottom of the pan. When the rice is hot, pour the white wine in, letting the alcohol evaporate. Cook for 15 minutes, adding the *EC Mushroom Stock Mix* a ladle at a time, stir the rice occasionally and keep cooking.
3. While the rice is cooking gently fry the chopped onion in a pan with olive oil and a pinch of salt for about 10 minutes, until golden. When the rice is almost cooked, add the onion, *EC Wild Mushroom Glace* and cooked mushrooms, stir well and remove from the heat. Add the butter, cheese, egg and seasoning, place onto a tray to cool down.
4. Once cold, form into rice balls around 40-50g each and put plenty of diced scamorza in the middle of each, for the extra ooze effect. Allow to set in the fridge, then pané in the flour, egg and breadcrumbs.
5. Now deep fry the rice balls in vegetable oil at 160°C. For about 5-6 minutes, until golden. Season with salt and serve hot, with extra cheese and optional lemon zest. Garnish with salad and serve with warm *EC Signature Hollandaise Sauce* on the side.



Vegetarian Gallo Rice Salad

🕒 Prep 20 mins

🕒 Cook 20 Mins

🍴 Serves 4 People

Ingredients

300g Gallo Sustainable Basmati Rice

20ml vegetable oil

15g Essential Cuisine Chermoula Seasoning

16g Essential Cuisine Light Vegetable Stock Mix

1ltr water

300g feta cheese, cut into 1cm pieces

100g cooked beetroot, cut into wedges

100g sun blush tomatoes, cut into dice

100g edamame beans, shelled

20ml fresh lemon juice

60ml extra virgin olive oil

Freshly ground pepper & sea salt

150g toasted pumpkin seeds

Finely chopped chives

Method

1. Gently fry the *Gallo Sustainable Basmati Rice* in the oil in a suitable pan, stir in the *EC Chermoula Seasoning* and continue gently cooking for 2 minutes.
2. Add the *EC Light Vegetable Stock Mix* and the water, bring to the boil and simmer until the rice is cooked as per the instructions.
3. Drain and cool on a tray in the fridge.
4. In a suitable bowl, gently mix the cooked rice, feta, beetroot, tomato and beans.
5. Blend together the lemon juice, oil and mix through the salad.
6. Season to your taste with freshly ground pepper and sea salt.
7. Spoon into a serving dish and sprinkle over the pumpkin seeds and chives.
8. Your Gallo Rice Salad with Feta, Beetroot, Sun Blush Tomato and Pumpkin seeds is now ready to serve.



Lobster Risotto

🕒 Prep 2 mins

🕒 Cook 10 mins

🍴 Serves 10 People

Ingredients

80g *Essential Cuisine Lobster Sauce Base*

440ml lukewarm water

30ml double cream

700g *Riso Gallo Risotto Rice (2 minutes in a pan or microwave)*

Method

1. To make the wild mushroom sauce, mix 80g *EC Wild Lobster Sauce Base* with 440ml of lukewarm water in a suitable saucepan. Bring to the boil stirring continuously and then simmer for 5 minutes until the sauce thickens. Add 30ml double cream to finish and bring back to the boil.
2. Stir in a pouch of the *Riso Gallo Risotto Rice*, stir for 2 minutes and serve
3. Garnish as desired

Tiramisu using Crème Anglaise Rice Pudding

🕒 Prep 15 mins
🕒 Cook 1 hour
🍴 Serves 10 People

Ingredients

Rice Pudding

200g *Riso Gallo Sustainable Arborio rice*

170g *Essential Cuisine Crème Anglaise Mix*

2ltr whole milk

100g sugar

Up to 1 litre extra milk

Tiramisu

200g sponge mix

300ml coffee (3tbsp coffee granules and 300ml boiling water)

30g dark chocolate curls

Method

1. To make the rice pudding, put all except extra milk in pan. Simmer for up to 1 hour and be careful not to burn. Add more milk as required dependant on desired thickness. Leave the rice to cool before assembly.
2. To assemble the tiramisu - in a suitable glass bowl, place sponge fingers on the bottom of the bowl, pour a third of the coffee over the sponge fingers, add a good layer of rice pudding to cover the fingers, add another layer of fingers and coffee mix, another layer of sponge fingers and coffee, then a last layer of rice pudding, generously sprinkle the chocolate curls over the top and serve.



Wild Mushroom Claypot Rice

🕒 Prep 20 mins

🕒 Cook 30 mins

🍴 Serves 10 People

Ingredients

10g Essential Cuisine Wild Mushroom Glace

500g mixed fresh mushrooms, button, oyster

150ml light soy sauce

30g brown sugar

25ml oyster sauce

20g Essential Cuisine Aromatic Base

150ml plant based butter

50g garlic, peeled and chopped

925g uncooked Gallo Sustainable Basmati Rice, rinsed and drained

Sesame oil

To serve

Kecap manis

Sliced spring onion

Method

1. Stir the soy sauce, sugar, oyster sauce, *EC Wild Mushroom Glace* and *EC Aromatic Base* into 1 litre of warm water. Slice the button mushroom and roughly break up the oyster mushrooms.
2. Heat a large casserole dish over a medium heat. Add half the butter, when hot, fry the fresh mushrooms until just golden. Set aside and repeat with the shiitake mushrooms.
3. Add the remaining butter to the pot and add the garlic. Fry until golden, then add the *uncooked Gallo Sustainable Basmati Rice*. Lightly sauté for 2 minutes to toast the grains.
4. Pour in the pre-prepared 1 litre of liquid (see step 1) and bring to a boil over a medium heat. Drizzle sesame oil around the edges of the pot, so it runs down the insides, then cover and turn down the heat to low. Cook for 15 minutes, until the rice has absorbed the liquid and almost cooked.
5. Scatter the mushrooms over the rice and replace the lid. Turn the heat to high again and cook for about 2 minutes, until sizzling and a crust forms on the bottom. Remove from the heat and let stand for 5 minutes.
6. To serve, fluff up the rice with chopsticks. Drizzle with the kecap manis, sesame oil and finish with the spring onion.

Smoked Finnan Haddock Kedgeree

🕒 Prep 20 mins

🕒 Cook 30 mins

🍴 Serves 4 People

Ingredients

Smoked Finnan haddock

12g *Essential Cuisine Fish Stock Mix*

600ml water

1g fresh thyme

400g smoked Finnan haddock, un-dyed, skin on

Curry Sauce

30g *Essential Cuisine Indian Seasoning*

400g coconut milk/cream

Cornflour paste to thicken

Salt and freshly ground pepper to taste

Rice

20ml clarified butter

50g peeled and finely chopped onion

320g *Riso Gallo Saffron Base*

2g finely chopped chives

2 medium sized eggs, soft boiled, peeled and halved

Method

1. Bring the *EC Fish Stock Mix* and water to a simmer in a suitable shallow pan with the thyme, place in the fish and barely simmer for 3-4 minutes. Remove the fish, cool, de-bone and flake.
2. Simmer the *EC South Indian Seasoning* and coconut together in a thick bottomed pan for 5 minutes, thicken to coating consistency with the cornflour.
3. Heat the oil in a separate saucepan, gently fry the onion for a few minutes, stir in the *Riso Gallo Saffron Base* and sweat gently. Add the cooking liquor from the haddock, cover and cook for 12 minutes, or until the stock is absorbed, loosen with a fork.
4. Add the flaked haddock and chives, serve on warm plates with the curry sauce poured over garnished with the eggs.





Iberico Pork Paella

🕒 Prep 15 mins
🕒 Cook 45 mins
🍴 Serves 10 People

Ingredients

Sofrito

15ml olive oil
75g onion, peeled & finely diced
75g carrot, peeled & finely diced
75g celery, finely diced
10g garlic, peeled & finely diced
75g tomatoes, chopped
18g Essential Cuisine Chermoula Seasoning

Paella

60ml olive oil
1kg iberico pork, trimmed
200g roasted red peppers
200g pardon peppers
500g Riso Gallo Sustainable Arborio Rice
2½ litres Essential Cuisine Signature Chicken Stock Reduction
500ml passata
10g sweet smoked Spanish paprika

Method

1. Preheat an oven to 180°C.
2. Place all the sofrito ingredients in a medium saucepan over a high heat. Cook until all the vegetables are soft. Place in a food processor and blitz until smooth.
3. Heat the olive oil in a large paella pan over a high heat until smoking, sear the pork until browned on all sides. Remove from the pan and place on a baking tray. Add the sofrito, passata and smoked paprika, stirring for 1 minute, add the *Riso Gallo Sustainable Arborio Rice*, stir for another minute. Pour in the *EC Signature Chicken Stock Reduction*, bring to the boil, then reduce the heat to medium and cook until all the liquid is absorbed and the rice is cooked.
4. Place the pardon peppers on the same tray as the pork and place in the oven for 5 minutes.
5. Remove from the oven, slice the pork on the diagonal, lay on top of the rice along with the roasted red peppers and pardon peppers.
6. Serve with crusty bread.



Salmon Poke Bowl

🕒 Prep 20 mins

🕒 Cook 45 mins

🍴 Serves 10 People

Ingredients

Sushi rice

450g *Riso Gallo Sustainable Carnaroli Rice*

120ml rice vinegar

45g sugar

15g salt

Salmon and garnish

500g salmon, skinned & cut into medium dice

25g *Essential Cuisine Peanut Free Satay Seasoning*

5g dried ground seaweed

150g carrots, peeled & cut into julienne

30g rice vinegar

30g sugar

30g water

8g *Essential Cuisine Peanut Free Satay Seasoning*

150g edamame beans

100g red cabbage, very finely sliced & marinated with 5ml olive oil

100g spring onion, finely sliced

100g radish, finely sliced

Method

1. In a small saucepan over a high heat, add 30g of *Riso Gallo Sustainable Carnaroli Rice*; vinegar, water, sugar and 25g *EC Peanut Free Satay Seasoning*. Bring to the boil, cooking until the sugar has dissolved. Remove from the heat, add the carrots and leave to pickle until needed.
2. In a preheated oven at 200°C. Place a tray in and get really hot. Remove from the oven and place the 8g *EC Peanut Free Satay Seasoning* on, stir around to tray to cook out the seasoning. Place in a medium bowl with the salmon and seaweed. Leave until needed.
3. Wash 420g of *Riso Gallo Sustainable Carnaroli Rice* for 4 minutes, place in a pan with 540ml water. Leave to stand for 30 minutes, then bring to the boil, put a lid on, reduce to a simmer for 8-9 minutes. Remove from the heat and leave to stand for 5 minutes. Place the vinegar, sugar and salt in a small saucepan over a high heat, until the sugar has dissolved. Now pour over the rice and leave to cool completely.
4. Arrange the rice in 10 serving bowls, then the rest of the ingredients and serve.



Red Rice Warm Salad

🕒 Prep 30 mins

🕒 Cook 20 mins

🍴 Serves 10 People

Ingredients

700g *Riso Gallo Rosso (red) Sustainable Rice Base* (2 minutes in a pan or microwave)

4 long red radicchio's

2 punnet of peashoots to garnish (or other tangy greens like rocket, mustard leaves or watercress)

6 tbsp of extra virgin olive oil

20g of toasted pumpkin seeds

30 small red raddish

4 spoons of honey

4 spoons of balsamic vinegar

20g of butter

Salt and pepper to taste

For the Radicchio's Marinade

Balsamic vinegar

4 tbsp of extra virgin olive oil

2 tbsp of honey

A few thyme leaves

A pinch of salt and pepper

3g *Essential Cuisine BBQ Seasoning*

Method

1. First prepare the marinade for the radicchio and mix all the ingredients well in a mixing bowl, do not blend.
2. Wash the radicchios and cut them in half lengthwise. Brush with abundant marinade on both sides and char them slowly over a BBQ or a non-stick pan. Cook for about 12 minutes covered with foil until caramelised and remove from the heat. Use the same pan to quickly stir-fry the red radishes. Use a little butter and get them coloured on medium heat first. Season with salt and pepper and after 5 minutes remove from the heat and add the honey. If you wish, add a little drop of the marinated to season instead of salt.
3. Cook the *Riso Gallo Rosso (red) Sustainable Rice Base* by following the packet instructions. Place the content into a microwave safe dish and add 200ml of water. Stir and cook for 2 minutes. Once ready stir again and dress with a drizzle of oil, a pinch of salt and pepper.
4. Add the radishes to the salad and plate into pasta bowls. Top it with the charred radicchio halves and the pea shoots. Drizzle some extra balsamic vinegar and enjoy.



Mushroom Risotto

🕒 Prep 2 mins

🕒 Cook 10 mins

🍴 Serves 10 People

Ingredients

80g *Essential Cuisine Wild Mushroom Sauce Base*

440ml lukewarm water

30ml double cream

700g *Riso Gallo Risotto Rice (2 minutes in a pan or microwave)*

Method

1. To make the wild mushroom sauce, mix *80g Essential Cuisine Wild Mushroom Sauce Base* with 440ml of lukewarm water in a suitable saucepan. Bring to the boil stirring continuously and then simmer for 5 minutes until the sauce thickens. Add 30ml double cream to finish and bring back to the boil.
2. Stir in a pouch of the *Riso Gallo Risotto Rice*, stir for 2 minutes and serve.
3. Garnish as desired.



Nero Rice Salad

🕒 Prep 20 mins

🕒 Cook 22 mins

🍴 Serves 10 People

Ingredients

750g *Riso Gallo Nero (Black) Wholegrain Sustainable Rice* (Made to pack instructions)

5 small ripe avocados

3 corn on the cob (pre-cooked cobs works too)

10 spring onions

2 limes

6 tbsp of extra virgin olive oil

2 red chilli

1 bunch of coriander or parsley to garnish

40g of mixed toasted seeds

30g of unsalted butter

Salt and pepper to taste

2g *Essential Cuisine Chermoula Seasoning*

Method

1. Cook the *Riso Gallo Nero (Black) Wholegrain Sustainable Rice* by placing the pouch into the microwave and follow the packet instructions. Once ready, place the rice in a mixing bowl and dress with a drizzle of oil and a little salt.

2. Mix the *EC Chermoula Seasoning* with the softened butter and a drizzle of oil and put to the side.

3. Leave the husk on the corn and place it onto a microwave safe dish. Cook it for about 4-5 minutes until soft. Let it rest for 5 minutes and when still warm peel it well. Flash them on a griddle pan or if you can, over a BBQ or with a blow torch to give them a nice roasted flavour.

4. Brush them with the pre-prepared mix of oil, butter and *EC Chermoula Seasoning* and cook them for 1 last minute in the microwave to allow the mix to cook and penetrate the cobs. Separate the corn from the cob and chop into big pieces.

5. Wash the spring onions and chop. Peel the avocados and char them with the torch and slice them. Chop the chilli and mix all the ingredients together with the red rice. Season with just a drizzle of extra virgin olive oil, salt, pepper, lime zest and lime juice of 1 lime.

6. Garnish with parsley leaves and serve.



Ossobuco Saffron Risotto

🕒 Prep 2 hours
🕒 Cook 2 hours
🍴 Serves 10 People

Ingredients

700g *Riso Gallo Saffron base*
1.5 litres water / 24g *Essential Cuisine Chicken Stock Mix*
120g grated Grana Padano
60g unsalted butter
Salt and pepper to taste

For the ossobuco

10 veal ossobuco slices
6tbsp cooking oil
100g butter
1lt Essential Cuisine Signature Veal Stock Reduction
1 lemon
1 bunch of parsley
1 small bunch of mixed herbs (bay leaves, thyme, rosemary, basil)
2 garlic bulbs
2 celery stalk
4 carrots
2 onions
Salt and pepper to taste
Flour (for dusting)
100ml white wine
100ml Essential Cuisine Premier Red Wine Jus (made up as per pack instructions)

Method

1. Season the veal with salt and pepper and leave for 30 minutes. Dust with flour and seal in hot oil in a suitable pan for 5 minutes on each side, until golden. Remove onto a tray and fry the roughly cut vegetables in butter, add the wine and seasoning.
2. Put the veal back into the pan, add the bouquet garni and the *EC Signature Veal Stock Reduction*, leave to simmer gently on a low heat for 2 hours, checking and turning the meat every now and then. When the meat is tender, gently remove the ossobuco slices and place them on the side. Strain the cooking liquid into a clean pan and reduce to a sauce, add the *EC Premier Red Wine Jus*, check the seasoning and put the ossobuco back into the sauce, keep warm.
3. For the gremolata, simply combine finely chopped parsley with chopped garlic and lemon zest, add a glug of olive oil.
4. For the risotto, follow the *Riso Gallo Saffron base* packet instructions, for every cup of rice you will need 2 cups of stock. Add the rice to the liquid in a large pan, cook for around 12 minutes, stirring the rice occasionally, remove from the heat. The next step is called "mantecatura" making the risotto creamier and increase its natural ooiness. Add the grated Grana Padano cheese and butter to the rice, stir with energy to incorporate extra air, until the risotto is nice and creamy.
5. Plate the risotto straight away in shallow bowls and top with the hot ossobuco along with a spoonful of sauce, finish with a teaspoon of zingy gremolata.



Crème Anglaise Rice Pudding

🕒 Prep 10 mins
🕒 Cook 1 hour
🍴 Serves 10 People

Ingredients

200g *Riso Gallo Sustainable Arborio rice*
170g *Essential Cuisine Crème Anglaise Mix*
2ltrs whole milk
100g sugar
Up to 1 litre extra milk


Method

1. Put all, except extra milk in pan. Simmer for up to 1 hour and be careful not to burn. Add more milk as required dependent on desired thickness.


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