

Riso Verde

Serves 6
Green Rice

Ingredients

2 tbsp olive oil	Risotto Rice 500 gms Arborio or Carnaroli
Butter 120 gms	
1 carrot	Broth, according to rice packet, usually 1 litre
1 onion	
Celery stalks, 2	120 gms grated parmesan
Spinach, 200 gms	Pepper

Method

Finely chop the vegetables.

Heat the oil and 40 gm of butter. Once hot add vegetables. And cook until soft. Add a couple of spoons of water and season. Cover and cook on a moderate heat for 45 minutes. Push through a sieve, (or blend).

Return veg to pan and add the rice. Continue to cook on a high heat as the rice thickens, adding broth from time to time as the liquid evaporates. Time, according to rice packet.

A few minutes before the rice is fully cooked add the rest of the butter and the grated parmesan. Leave to rest for a few minutes before serving with parmesan on the side.

Le Mondine

The Mondine were the rice pickers in the Po Valley. They did backbreaking work for long hours in malaria infested rice fields, for very little money. Unsurprisingly they were left wing and definitely antifascist. They played an active and heroic part in the resistance.

Their plight and their fierceness were shown in a 1953 film *Riso Amaro*, (Bitter Rice). Their points were well made, but Silvana Mangano's pointy boobs and swarthy defiance may have been distracting.

