Mangia Italiano

White truffles tend to be more fragrant than black. Leave them in the fridge overnight to let the aroma overtake everything else. Since white truffles are so precious, you want to keep the recipes simple. In general, they are served on top of fresh pasta of some type, either taglierini, or tagliatelle. I chose a traditional Umbrian fresh stringozzi. The pasta is lightly “sauced” in either melted butter that has been flavoured with garlic, or maybe a touch of cream. The truffle is then shaved on top just before serving. The heat of the pasta cooks the truffle to perfection.

The truffles may look like they were just dug up from the dirt (they were) but do not try and wash them. Instead, brush away any dirt clinging to the truffle with a soft brush.

# Fresh Pasta with White Truffles

## Ingredients:

1 Large Garlic Clove, halved

8 Tablespoons Unsalted Butter

3 Large Fresh Sage Leaves

500g Fresh Pasta of Choice (See Notes)

2 Tablespoons Cream

Sea Salt

80-100g Fresh White Truffles

## Directions:

Over low heat in a small saucepan, melt the butter along with the sage and garlic, and gently simmer for 5 minutes.

Season the butter with salt and pepper and discard the garlic and sage.

Add the cream and keep warm.

Cook the pasta in lightly salted boiling water until it is “al dente”.

Drain, the toss the pasta with the seasoned butter and toss until mixed.

Serve in individual bowls with the fresh white truffle shaved on top.

# Black Truffles Risotto

Adapted from a recipe by Shannon Bennett

## Ingredients

Chicken mushroom stock (around 5 cups – see note)

Extra virgin olive oil

1 small onion, finely diced

200g risotto rice (I used carnaroli)

100ml dry white wine

30-50g black truffles, shaved

50g Grana Padano Parmesan cheese

50g butter

Salt and freshly ground pepper

## Directions

Heat the stock in a large sauce pan over low heat.

Heat olive oil in a heavy-based pan. Add onion and stir until the onion is soft. Add rice and cook until all grains are coated with oil. Deglaze with the white wine and cook until evaporated.

Add in ½ cup of hot stock. Stir until the rice absorbs the stock. Keep doing so until the risotto is cooked to your liking. In the final ladle of stock, add in the truffles (save a few slices for garnish).

Remove the rice from heat. Add in the cheese. Season.

Serve immediately on warmed plates. Garnish with truffles shavings.

Note: To make chicken mushroom stock: I improvise from Shannon Bennett´s idea and make an easier version: Put 500g chicken neck (bone), 700g sliced fresh mushrooms, one peeled onion (left whole), sprigs of thyme, 1 bay leave, some peppercorn and water (6-7 cups) in a slow cooker. Cook over night. Next day, discard all the solids and get the stock to a saucepan. Bring to the boil and reduce until you have 4-5 cups (or until you are happy with the concentrated mushroom flavours).