



Flying Inspiration

Fly with the Feminine ...

Gabriella Guglielminotti Trivel's recipes

Crab risotto with fennel

Suggestions: a very nutritious and rich of flavour dish full of minerals and vitamins such as vitamin C, omega 3, potassium, manganese, calcium, iron, magnesium, phosphorus and copper. It is easy to prepare and perfect for summer when one wants to taste the sea and its richness.

Instructions



mustard seeds



Fry in extra virgin olive oil some finely chopped onions, garlic, chillies, some finely chopped lemon zest and some mustard seeds; let it all sizzle for a while.



crab meat



Before it is too dry add some finely sliced fennel and crab meat, mix it all together and let it all cook for some time.

cider



arborio rice



Add some cider to it and later on the arborio rice that you have previously washed.



black



pepper

dill



Add some vegetable stock and also some coconut milk at a later stage. When the risotto is getting dry, try it to see if it requires some salt, add it if necessary, otherwise dish it out and serve it with some ground black pepper and some chopped dill.



If you like this recipe, I would like to read your comments!
Contact me on www.flyinginspiration.com