

carnaroli rice



it belongs to the Japonica variety and can be both white and brown

creamy texture
when cooked

considered the best rice (qualitatively speaking) for RISOTTOS, together with the Nano Vialone and Arborio

, also called “the king of the Italian rice”.

pearly color

high starch content and firm texture

large and long grains

tiny central white core (known as “perla”)

classified as superfine rice

born in 1945, thanks to the crossing of two varieties already present: Lencino and Vialone Nero

marked on the Varietal Register (which is responsible for classifying all the products of Italian agriculture, including rice) only in 1974

WHERE

Carnaroli is grown in the North of the country, mostly in the provinces of Novara, Vercelli and Pavia

the area is called the **GOLD TRIANGLE**



rice fields in the different seasons

growing cycle: approximately 105-150 days

WHEN



winter



spring



early
autumn

summer



rice harvesting takes place, for the most part, in the months of September-October

HOW MUCH

from local farmers
Carnaroli rice is usually
sold in 5 or 10 KG bags



in supermarkets or
grocery stores you can
find it in smaller packets
(500 gr or 1 kg)



the price can vary from
3.50 to 8.00 euro per Kg,
as an average

**IS IT
HEALTHY?**

Risottos include various nutrients depending on the ingredients combined: stock, vegetables, spices, seafood, peas, and many more.

The nutrients in risottos are carbohydrates, fibres, sodium, sugar and proteins



Risotto is gluten free about 95% of the time



in the
kitchen

- excellent cooking resistance
- excellent texture
- grains not too separated
- blends well with other foods

a risotto is a very versatile dish: you can combine it with lots of ingredients - vegetables, cheese, fish and seafood, meats, mushrooms, wine, herbs, fruits

Chefs appreciate Carnaroli for the consistency of the beans and the ability to absorb liquids during the creaming.

5 tips for Perfect Risotto

1. Use high quality ingredients
2. Use the right rice in the right pan
3. Use warm stock
4. Stir, stir, stir
5. Don't be stingy with butter or Parmesan