

# FOR NINE CENTURIES A CHEESE UNIQUE IN THE WHOLE WORLD...

**Parmigiano Reggiano has the European PDO (Protected Designation of Origin) certification and is the only cheese that can be called "Parmesan."**

Parmigiano Reggiano is still made with artisanal methods, as it has always been, using only raw cow's milk from its area of origin and without additives or preservatives. It is aged for a minimum of 12 months and sometimes more than 2 years.

Parmigiano Reggiano is the only Parmesan.

## PARMIGIANO REGGIANO, PUMPKIN & PORCINI MUSHROOM RISOTTO

This wonderfully creamy risotto makes the most of simple, classic Italian ingredients to create a fabulous meal. **Serves 4**



225 g (8 oz) Parmigiano Reggiano, plus extra to serve  
40 g (1 ½ oz) dried porcini mushrooms  
3 tsp vegetable stock powder or 1 vegetable stock cube  
4 tbsp olive oil  
300 g (10 oz) Arborio or Carnaroli rice (risotto rice)  
1 bunch spring onions, finely chopped  
300 g (10 oz) pumpkin or butternut squash, peeled, deseeded and cut into small chunks  
150 ml (¼ pt) Italian dry white wine  
Salt and freshly ground black pepper

Finely grate the Parmigiano Reggiano and set to one side. Put the dried mushrooms into a heatproof bowl. Mix the stock powder or cube with 850 ml (1 ½ pints) boiling water, then pour over the mushrooms and leave them to soak for about 30 minutes. When ready to cook, heat the olive oil in a deep frying pan or large saucepan. Add the rice and sauté it gently over a medium heat for about one or two minutes, until it looks translucent, though not browned. Add the spring onions and pumpkin or butternut squash and cook gently, stirring often, for another two or three minutes. Pour in the wine and let it bubble up for a few moments, and then add the soaked mushrooms and about two ladles of stock. Cook gently for about 20-25 minutes, adding more stock as needed, until the rice is tender and creamy. Stir in the Parmigiano Reggiano and season to taste. Add shavings of Parmigiano Reggiano, or freshly grate some more onto each portion, then serve.

**Cook's tip:** *The secret of great risotto is to start off with good quality Italian risotto rice, so that it absorbs the flavours, yet still keeps its shape.*

## CHICKEN BREASTS WITH PESTO AND PARMIGIANO REGGIANO

For a fantastic main course that's easy to make and not too expensive, try this delicious chicken recipe. **Serves 4**

75 g (3 oz) Parmigiano Reggiano  
4 skinless, boneless chicken breasts  
4 tsp green pesto sauce  
12 fresh basil leaves  
3 tbsp olive oil  
500 g (1 lb 2 oz) baby carrots, halved  
2 peppers, deseeded and cut into chunks  
1 large red onion, sliced into thin wedges  
Salt and freshly ground black pepper



Grate the Parmigiano Reggiano, and set to one side. Preheat the oven to 190°C / fan oven 170°C / Gas Mark 5. Using a sharp knife, slice a pocket into each chicken breast and open it up. Spread one teaspoon of pesto sauce into each one, and share the Parmigiano Reggiano between them. Top with the basil leaves, then close the pockets and secure with cocktail sticks. Spoon two tablespoons of the olive oil into a roasting pan and add all the vegetables, tossing them to coat. Season with a little salt and black pepper to taste. Arrange the chicken breasts on top. Sprinkle the remaining olive oil over them, and transfer to the oven. Roast for 25-30 minutes, until the chicken is cooked and the vegetables are tender. Serve at once.

**Cook's tip:** *Use red pesto sauce or sun-dried tomato puree as an alternative to green pesto.*

## HALIBUT AND PRAWNS WITH LEMON THYME & PARMIGIANO REGGIANO CREAM SAUCE



This special fish dish makes a superb main course for a dinner party – yet it is so simple to prepare. **Serves 4**

75 g (3 oz) Parmigiano Reggiano  
2 tbsp olive oil  
4 x 150-175g (5-6 oz) halibut fillets  
100 g (4 oz) cooked and peeled prawns, thawed if frozen  
6 small sprigs lemon thyme  
150 ml (¼ pt) double cream  
6 tbsp dry white wine  
Salt and ground white pepper

Grate the Parmigiano Reggiano cheese finely, and set to one side. Heat the olive oil in a frying pan and add the halibut fillets. Cook them over a medium heat for five or six minutes, turning once. Add the prawns and two sprigs of lemon thyme and cook for a further two minutes. Season with a little salt and pepper to taste. Meanwhile, make the sauce. Put the cream into a saucepan and heat gently, whisking with a small whisk. Add the white wine, then the grated Parmigiano Reggiano, stirring until melted and smooth. Serve the fish with the prawns and pour the sauce on top and garnish with the remaining thyme sprigs.

**Cook's tips:** *Use any firm fillets of fish instead of halibut – salmon or monkfish would work well too.*

# THE ONLY PARMESAN

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Consorzio del Formaggio Parmigiano Reggiano

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## SAFFRON POACHED PEARS WITH PARMIGIANO REGGIANO

This poached pear dessert is so simple to make, yet it tastes utterly divine. It's not too sweet and the Parmigiano Reggiano and ricotta filling complements the pears perfectly. **Serves 4**

150 g (5 oz) Parmigiano Reggiano  
150 g (5 oz) ricotta cheese  
6 pears (not too ripe), peeled, halved and cored  
600 ml medium white wine  
50 g (2 oz) caster sugar  
Strip of lemon zest  
Generous pinch of saffron  
2 star anise

Grate the Parmigiano Reggiano very finely. Mix together the Parmigiano Reggiano and ricotta cheese thoroughly. Cover and set to one side until ready to serve. Put the pears, wine and sugar into a saucepan with the lemon zest, saffron and star anise. Heat and simmer very gently for about 20 minutes, until the pears are tender. Cool them until barely warm. Share out the pears, with some of the flavoured syrup, between four serving bowls. Spoon the cheese mixture onto them and serve.

**Cook's tip:** *The pears can be made up to three days in advance, then covered and chilled until required. Warm them slightly before serving to enjoy them at their best.*



## ROAST CHERRY TOMATO AND PINE NUT TARTS WITH PARMIGIANO REGGIANO

These tarts are so easy to make as they use ready-rolled puff pastry. They're best eaten whilst warm - a few minutes after they come out of the oven. **Serves 6**

1 x 375g (13 oz) ready-rolled puff pastry sheet, defrosted if frozen  
2 tbsp red or green pesto sauce  
75 g (3 oz) Parmigiano Reggiano, finely grated  
9 cherry tomatoes, halved  
Salt and freshly ground black pepper  
Beaten egg or milk, to glaze  
2 tbsp pine nuts  
Shavings of Parmigiano Reggiano, to garnish

Preheat the oven to 200°C / fan oven 180°C / Gas Mark 6. Lightly grease a large baking sheet. Unroll the puff pastry sheet and cut into six equal rectangles. Using a sharp knife, score a border within each pastry rectangle about two cm (¾ inch) from the edge, being careful to avoid cutting right through the pastry. Place on the baking sheet. Spread the inner rectangle of each piece of pastry with a little pesto sauce, and then sprinkle the cheese on top. Share the tomatoes between the tarts, then season with salt and pepper to taste. Brush the pastry edges with beaten egg or milk, then bake for about 15 minutes. Sprinkle the pine nuts over the tarts, and then bake for a further four or five minutes, until the pastry is risen and crisp. Cool for a few minutes, then serve, garnished with shavings of Parmigiano Reggiano.

**Cook's tip:** *Add a little Parma Ham or Pepperoni for a tasty variation.*



## RARE BEEF SALAD WITH WATERCRESS, CHICORY, PEAR AND PARMIGIANO REGGIANO

Savour the fantastic flavours of this wonderful main course salad. **Serves 4**

4 firm pears, peeled  
600 ml (1 pt) red wine  
25 g (1 oz) caster sugar  
1 bunch watercress  
Handful of baby spinach  
1 head chicory, broken into separate leaves  
450 g (1 lb) rump steak  
4 tbsp olive oil  
175 g (6 oz) Parmigiano Reggiano shavings  
2 tbsp balsamic vinegar  
Freshly ground black pepper

Put the whole pears into a saucepan with the wine and sugar. Heat and simmer gently without a lid, turning the pears from time to time, until they are tender. Carefully lift the pears from the reduced liquid and leave them to cool. Share the watercress, spinach and chicory between four serving plates or bowls. Preheat a char-grill pan or heavy-based frying pan. Brush the rump steak with one tablespoon olive oil, then char-grill or fry it over a high heat for two or three minutes on each side. Remove from the pan, cover with foil and leave to rest for five minutes. Cut the pears into quarters, removing the core. Arrange one pear on each salad. Slice the beef with a sharp knife, then share between the portions. Add the shavings of Parmigiano Reggiano cheese, and drizzle the remaining olive oil over the salads along with a few drops of balsamic vinegar. Serve, sprinkled with freshly ground black pepper.

**Cook's tip:** *If possible, use a cheese slicer to produce the shavings.*



## PARMIGIANO REGGIANO SAVOURY SNAPS

Just the thing for tasty nibbles, canapés or as an accompaniment to homemade soup, these little savoury bites take only minutes to make. **Serves 4 (Makes about 20)**

100 g (4 oz) Parmigiano Reggiano  
25 g (1 oz) plain flour  
Ground white or black pepper

Grate the Parmigiano Reggiano finely, and set to one side. Mix together the Parmigiano Reggiano cheese and flour. Season with a shake of white pepper, or a little freshly ground black pepper. Preheat a hot grill. Place rounded tablespoons of the Parmigiano Reggiano mixture, spaced apart, onto a baking sheet. Flatten them down slightly. Cook for one or two minutes, until melted and beginning to brown. Remove from the baking sheet with a palette knife whilst still warm. Repeat until all the mixture is used up. Cool, then store in an airtight tin until ready to serve.

**Cook's tips:** *Stir one teaspoon of black onion seeds into the mixture for a delicious addition.*



# A SHORT RECIPE BOOK. PARMIGIANO REGGIANO: THE ONLY PARMESAN

