



Venere black rice with shrimps, apple and hazelnuts



Venere rice: some notions

Originally, the first variety of black rice was found in China where this type was defined as “forbidden” and whither access only for the Emperor, as it was difficult to find and associated with “miraculous” virtues (from providing longevity to aphrodisiac power).

In the last 20 years, Italy has also begun to cultivate black rice, crossing two different varieties: the typical one of the Po Valley and the Chinese one, giving rise to **Venere black rice**.

This type of brown rice has various beneficial properties, mainly due to its very **high concentration of antioxidants** (anthocyanins) which confer properties such as protection from free radicals and limitation of cholesterol absorption.

Venere rice also has a **good amount of fiber** and a **lower glycemic index** than white rice, thus favoring important functions, such as digestion and intestinal transit.

This very day recipe allows us to associate this precious and indigenous ingredient with three other foods loved by us Italians: shrimp, apples and hazelnuts (dried fruit with a predominant content of monounsaturated fats).

Nutrilipidomica recipe

Brown black rice with shrimps, green apple and chopped hazelnuts

Ingredients (4 people):

- Integral black Venere rice 400gr
- Shelled shrimp 200 gr
- 1/2 stalk of celery
- 1 Carrot
- 1 shallot
- 1 green apple
- 2 tablespoons of lemon juice
- Chopped hazelnuts 25 gr
- Extra virgin olive oil to taste
- Salt and black pepper to taste
- Brandy to taste
- Vegetable broth

Method:

To prepare today's recipe, begin by cooking the rice: fill a pot with plenty of vegetable broth (classic with carrot, celery and onion) and bring it to a boil. Add the rice and cook for 40-45 minutes following the cooking instructions marked on the package. Meanwhile, wash, peel and cut the apple into small cubes. Put the apple cubes in a bowl and add the lemon juice. Then dedicate to the shrimp, wash and clean them.

Once the rice is ready, drain it by passing it under running water (to prevent it from "releasing" color on the sauce).

In a large frying pan put a drizzle of oil and brown the celery, carrot and shallot, add the shrimp and after 5 minutes deglaze with the brandy. Finally add the pieces of apple and continue cooking for a few minutes (the apple must remain crunchy). Add the rice and season with extra virgin olive oil, salt and pepper by your taste.

Finally, to serve the dish, compact the rice with the help of a ring or a pasta bowl, adding the chopped hazelnuts as a final touch of flavor and crunchiness.

If you want to reduce the cooking times of black rice, soak it in cold water for about 20-25 minutes.

Article by the Editorial Group of Lipinutragen

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The food recommendations in the article are not intended as a substitute for a personalized meal plan and are to be adapted to specific cases.

