Panissa

The popular Italian rice dish with a hearty topping

Easy | 4 Servings | 65 min.



Panissa is a popular Italian rice dish—very similar to risotto, but with additional, hearty ingredients. In addition to risotto rice, typical ingredients include other rice varieties such as Arborio or Carnaroli rice, as well as beans, onions, and salami. Just like with risotto, there's one key to making this creamy dish: stir well! The dish is very common between Piedmont and Lombardy, especially in the area around Vercelli near Milan. It was likely introduced by seasonal workers in the rice fields. Depending on the local dialect, the dish is also known as paniscia or panizza.

Ingredients

50 g pancetta (lean, seasoned pork belly from Tuscany) (Alternatively, you can use regular pork belly)

50 g Salame della Duia (mild pork salami from Piedmont) (Alternatively, you can use another mild salami)

2 onions

1 clove of garlic

1 carrot

2 stalks of celery

1 liter beef broth

1 bunch of fresh rosemary (about 30 g)

300 g risotto rice

250 ml fruity Italian red wine

400 g ORO di Parma chunky tomatoes

400 g can of borlotti beans (an Italian bean variety) (Alternatively, you can use another type of bean, such as cannellini)

4 sprigs of fresh flat-leaf parsley

Sea salt

Freshly ground pepper

4 tbsp grated Parmesan

Step 1: The Preparation

Cut the pancetta and salami into pieces about 1 cm in size. Now peel the onions and carrots, then dice them into 1-cm cubes along with the celery stalks. Drain the beans in a colander. And to finish the prep: Finely chop the parsley and garlic, and grate the Parmesan.

Step 2: The Broth

Pour the broth and fresh rosemary into a pot. Bring it to a boil, then let it simmer over very low heat.

Step 3: Add the pancetta and the vegetables

Now add the pancetta and salami cubes to a skillet. Heat over medium heat and let the fat render. Then add the vegetables—except for the beans—and cook for about 10 minutes, stirring the mixture regularly.

Step 4: The Rice

Of course, this Italian rice dish wouldn't be complete without rice: Sauté it in a pan for two minutes. Now stir in the wine and let it simmer. Gradually add the chopped tomatoes and the broth to the rice. Stir well throughout and let it simmer for another 20 minutes total.

Step 5: The Finale

With the last ladleful, you can now add the beans as well. Stir everything well and season with salt and freshly ground pepper. Just before serving, stir in the finely chopped parsley, small pieces of butter, and Parmesan. The Italian rice dish Panissa is a delicious treat for the palate. We hope you enjoy your meal. Semplicemente delizioso!

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