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Federica Tumminello

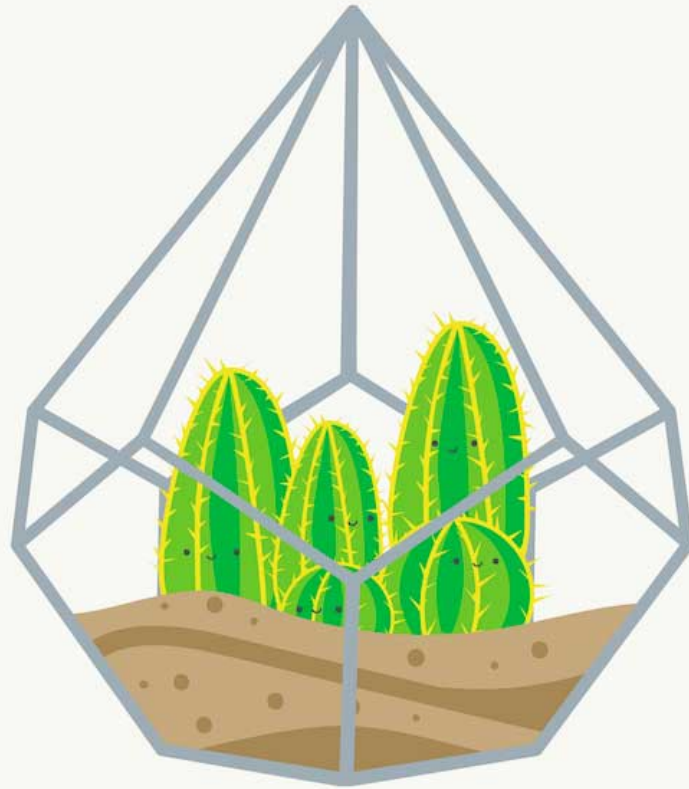


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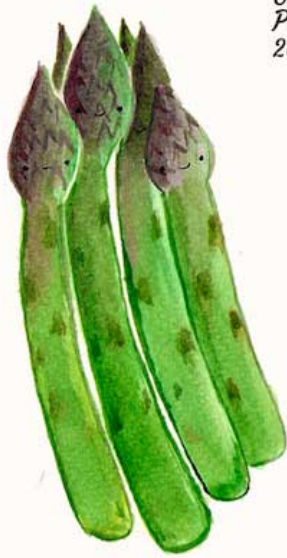
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ASPARAGUS RICE

(light recipe)

Ingredients:
(2 servings)



Asparagus
250 gr

Grated
Parmesan
20 gr



Vegetable stock
1L



Extravirgin Oil
1 tablespoon



1 Shallot

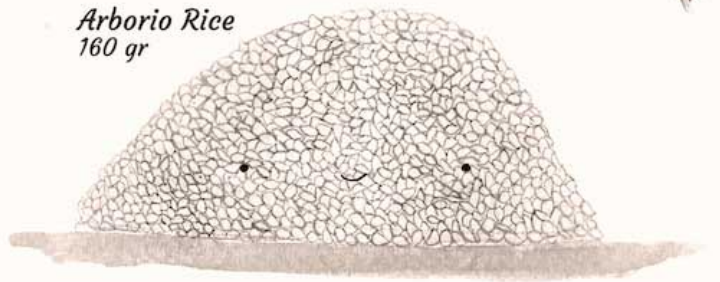
One pinch
of Salt



White
Wine
50 ml



Arborio Rice
160 gr



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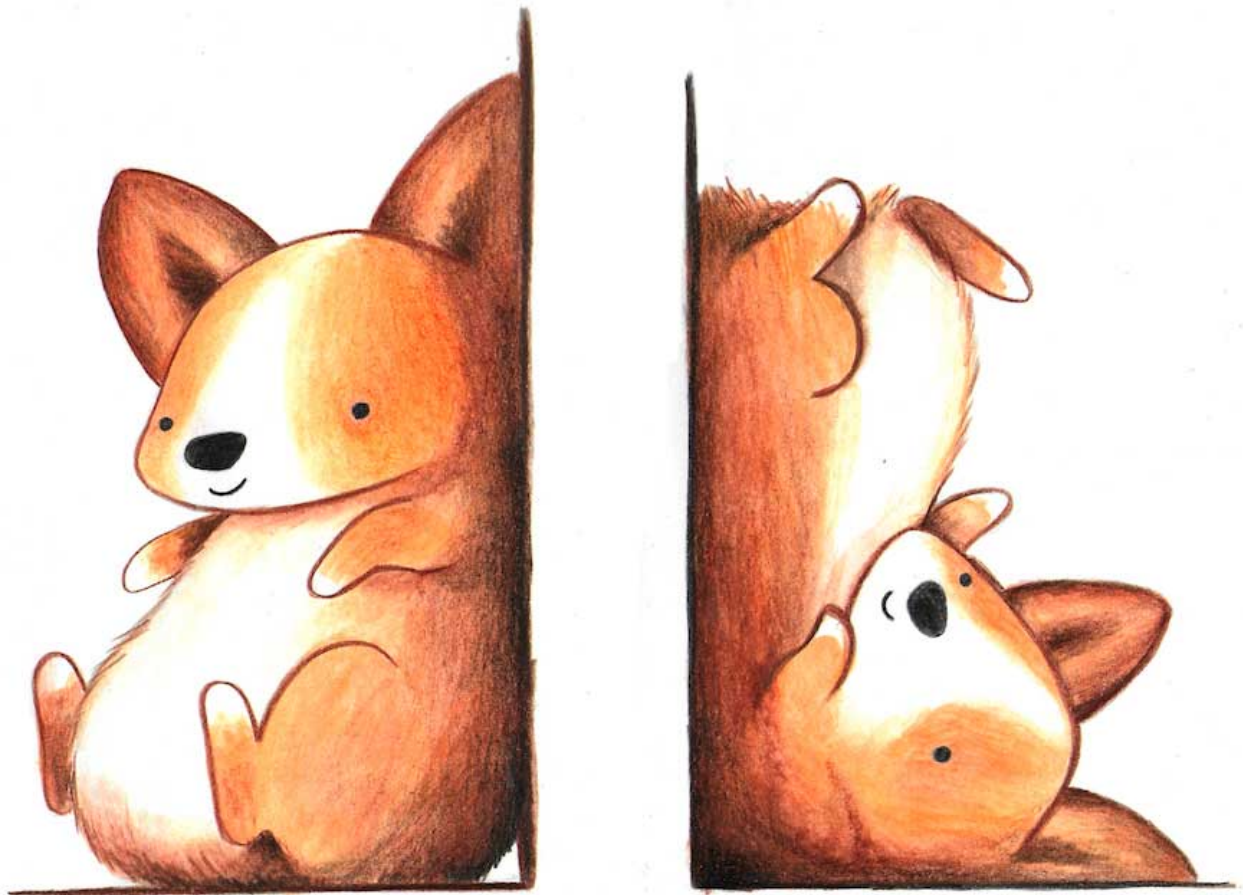
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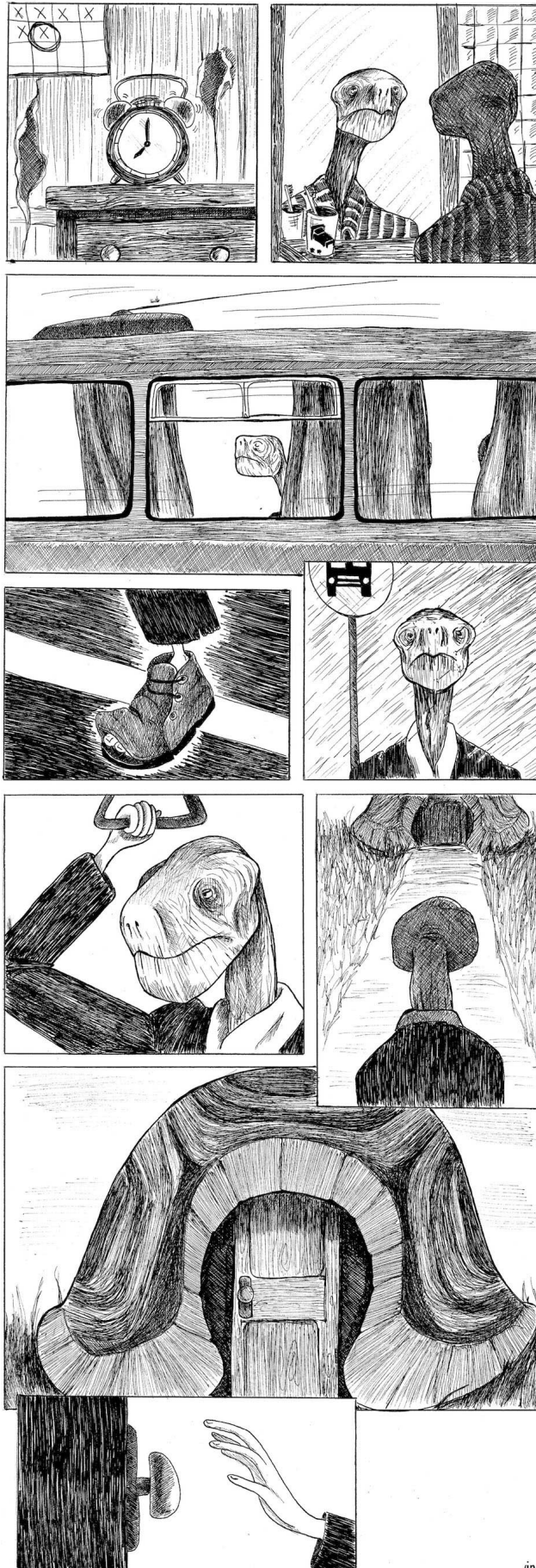
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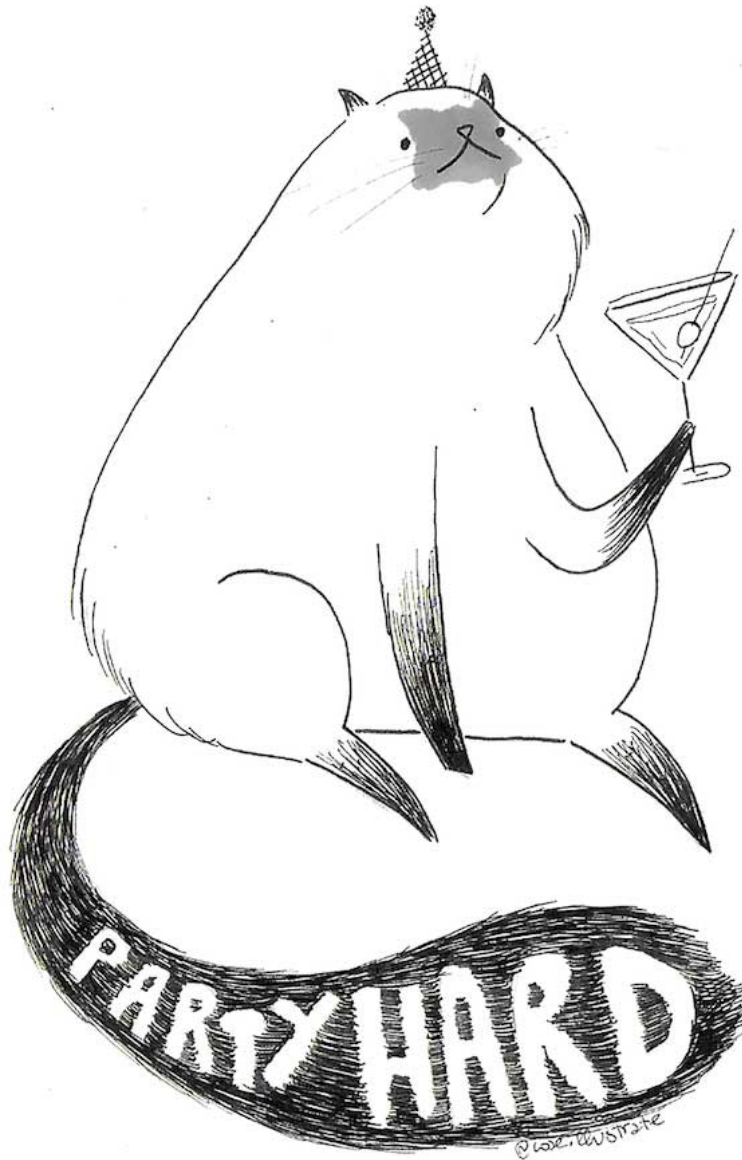
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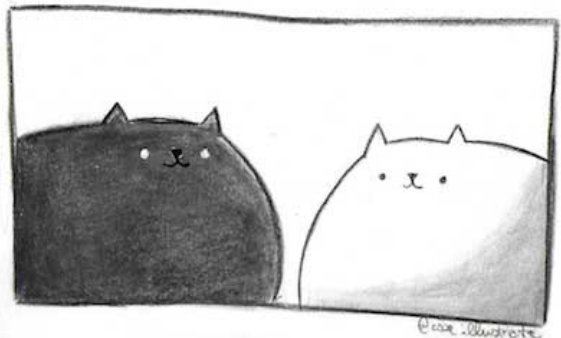
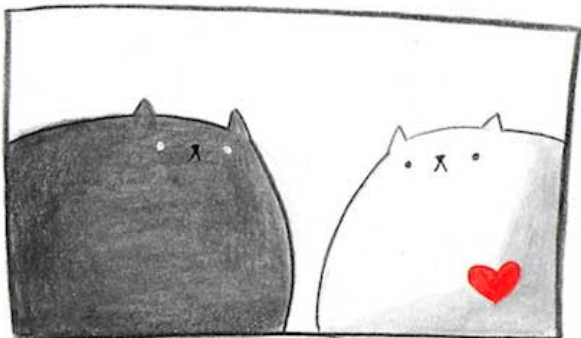
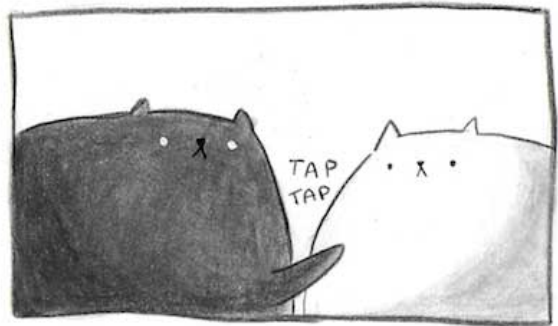
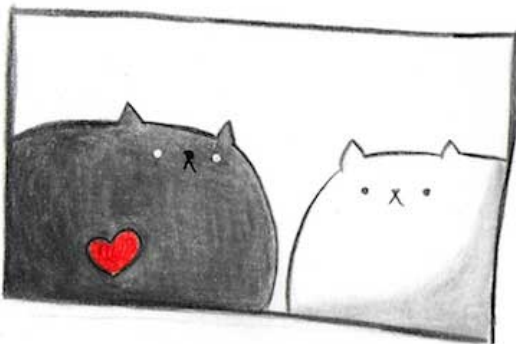
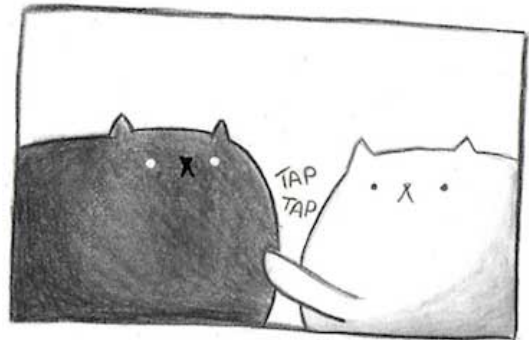
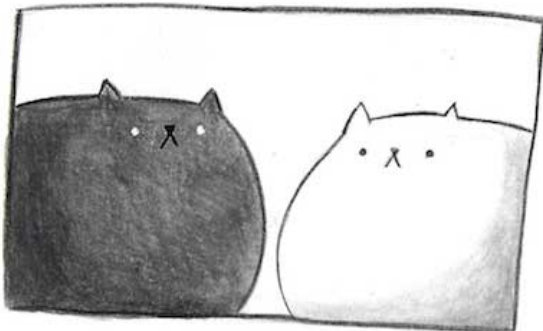


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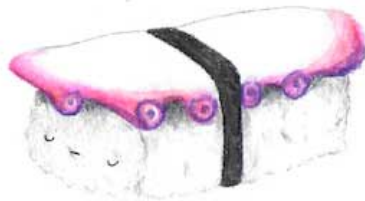
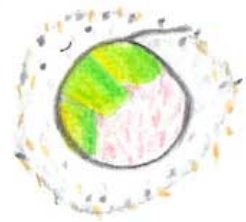
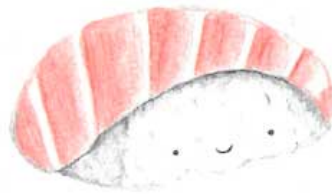
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BEFORE COFFEE



AFTER COFFEE







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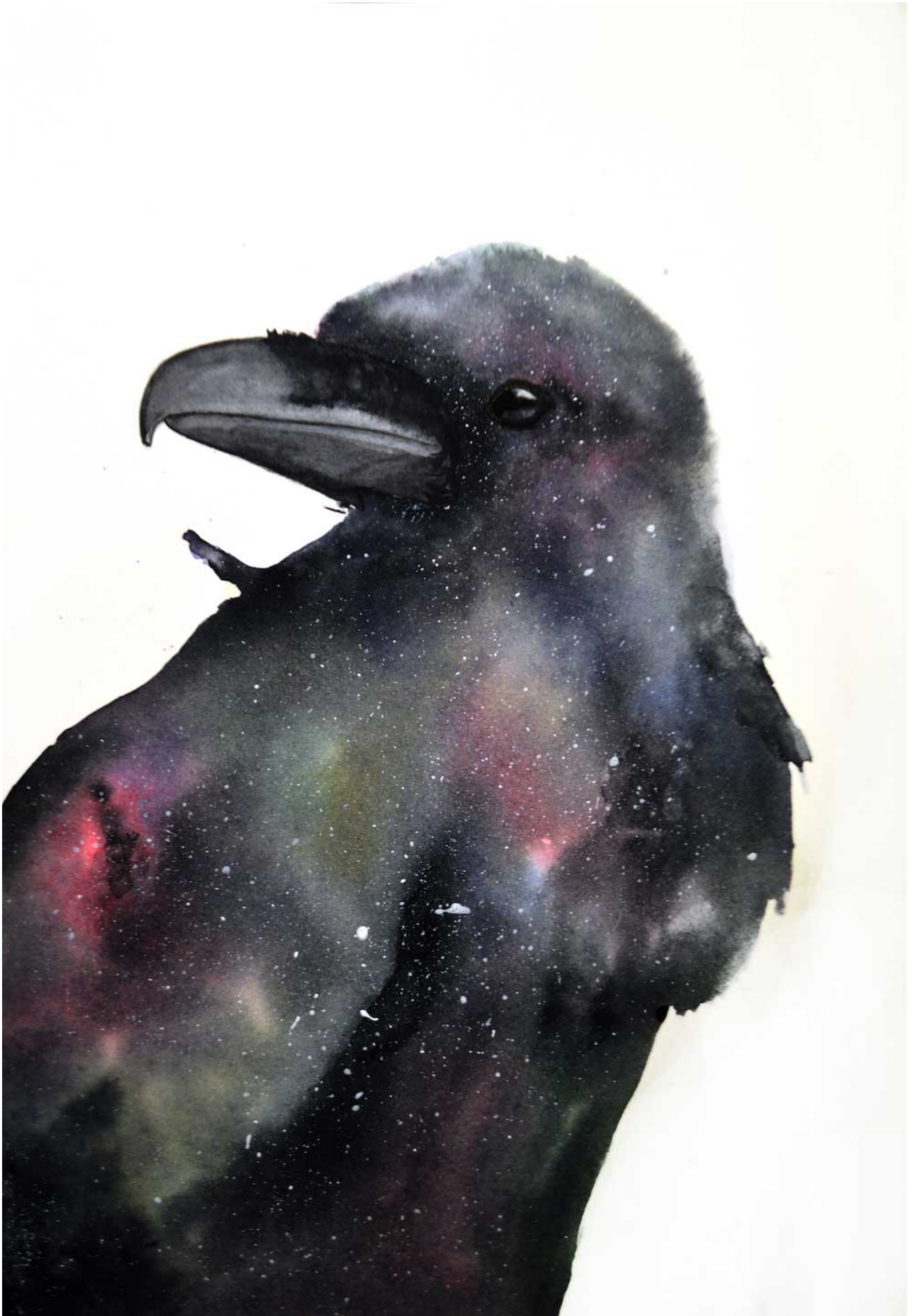
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