

### KhilibeTaikoKitchen

As Taiko is  
physical  
creative  
community

Cooking can be a taiko practice  
cooking as physical awareness practice  
cooking as creative thinking within fixed structures  
cooking as sharing

### Risotto Taiko Master

#### *Risotto structure*

1. Set your ingredients
2. Soffritto: fry slowly, low fire, till the ingredients get golden slightly brown *-phase 1-*
3. Toast the rice *-phase 1-*
4. The broth *-phase 2-*
5. Mantecare: mix into a fatty, creamy consistency *-phase 3-*
6. Add-ons and garnish *-phase 4-*

#### *Kishōtenketsu* (起承転結)

ki (起): introduction, 起 can mean rouse, wake up  
sho (承): development, 承 can also mean hear, listen to, be informed, receive  
ten (転): twist, 転 can mean revolve, turn around, change  
ketsu (結): Conclusion, 結 can also mean result; consequence; outcome; bearing fruit

#### Basic Risotto

##### **1. Parmesan Risotto**

phase 1  
onions, white wine  
phase 2  
veggie broth: celery, carrot, onion, laurus  
phase 3  
butter parmesan  
phase 4  
grated parmesan pepper

##### **2. Saffron Risotto**

phase 1  
white wine  
phase 2  
basic veggie or meat broth  
phase 3  
butter and saffron melted in broth  
phase 4  
parmesan

#### KTK Risotto

##### **1. Rosemary Ricotta Risotto**

ph1. leek, rosemary, pepper, white wine  
ph2. veggie broth: celery, carrot, onion, rosemary wood, laurus, clove  
ph3. butter and parmesan or dry ricotta  
ph4. sheep ricotta, fresh rosemary, toasted almonds

##### **2. Pumpkin Sausage Risotto**

ph1. onions, pumpkin, pepper, rosemary, wine  
ph2. meat broth: celery, carrot, onion, cinnamon, clove, bone or cow round  
ph3. butter  
ph4. fried little pieces of sausage  
\* veggie option, no meat in the broth and fried tofu as topping (tofu should be simmered before in red wine)

##### **3. Shrimp Lemon Risotto**

ph1. toast the rice and simmer lemon juice  
ph2. fish broth or dashi  
ph3. butter add shrimp cut in little pieces  
ph4. lemon peel eventual raw or sauté shrimp  
\*veggie option, seaweed veggie broth and fried tofu as topping (tofu should be simmered before in white wine or lemon juice and soy sauce)

## **Ingredients types and their position in the processes**

### Phase 1:

Ingredients to be sautee slowly, typically onions, hard spices, other veggie, fat meat...if olive oil or butter is a matter of food choices and family trends

Toast the rice after the soffritto is ready

Simmer and reduce with wine...but also juice or liquor or tea!

- basic risotto it's simply onions and then white wine
- basic risotto or some very soft taste risotto can only toast rice in this phase

? which is the taste you base your risotto on?

*Performance: setting the basic scene*  
*Song: assert what will be there*  
*Practice: set the body*

### Phase 2

The broth has to be added slowly while the rice simmer: meat, veggie, fish, spices, tea... free your imagination

- basic risotto it's onion, carrot, celery and spices, you can add cow meat, bones, fish, or mixed veggies

? which underlying taste you want for your risotto?

*Performance: the scene start moving, enriches with more drums or different sounds*  
*Song: developments of a theme*  
*Practice: warm up, body percussion*

### Phase 3

Mantecare: rice is ready, shut the fire, this is the moment to add cheese (not fresh cheese!), butter, oil, parmesan, but also saffron or other powder spices. Mix strongly, cover and leave for less than a minute. Here you can add also ingredients that do not have to cook very long

- basic risotto it's butter and parmesan

? creamy, fat, cheesy, spicy?

? which flavour/consistency will keep risotto together?

*Performance: a change, masks, lights, complete different sound, video appears...*  
*Song: sudden change in theme, dynamic or sounds*  
*Practice: on drums*

### Phase 4

Enrich your risotto: consistency, taste, surprises. Almonds, fried sausage, fried veggies, toppings, fresh cheese, fresh spices....

- basic risotto it's simply grated parmesan

? what's missing?

? what can break the mold?

? what can surprise?

*Performance: bring all together*  
*Song: bring the final or take away till the end*  
*Practice: stretching*

**Create your risotto and tag @khilibe #khilibetaikokitchen, Thank you!**