

MUSHROOM RISOTTO

Ingredients

1	Brown onion, peeled & finely chopped
3	Cloves of garlic, peeled & crushed with a little salt
45g	Unsalted butter
350g	Aborio, Carnaroli or vialone nano fine grade risotto rice
1.250ml	Fresh chicken stock
1 ½	Tablespoons fresh thyme, picked
1	Tablespoon Truffle oil
30g	Dried porcini mushrooms, soaked in 300ml hot water for 20 mins
1	Small punnet Swiss brown or similar fresh mushrooms
	Extra virgin olive oil (EVOO)
100g	Good quality Parmesan Reggiano or Grana, freshly shaved
Pinch	Sea salt
	Freshly ground black pepper
1	Bag or bunch wild rocket leaves

Method:

- Bring the stock to a simmer in a saucepan and keep it at a bare simmer
- Heat the oil in a heavy bottomed saucepan (enough to cover the base) and cook the onion and garlic over medium heat, stirring until the onion is golden but not brown, about 3 to 5 minutes, take care the garlic doesn't burn
- Add the rice and stir with a wooden spoon to coat the rice well with the oil and onion
- Add the thyme and fresh mushrooms and sauté for a few minutes
- Turn the heat to medium high, add the porcini mushrooms and their soaking liquor keep the mixture boiling, stirring constantly
- As soon as the liquid has been absorbed add ½ a cup of stock and stir until absorbed
- You may have to adjust the heat from time to time, the risotto has to keep boiling but it must not stick to the pan
- Continue adding stock ½ cup at a time, stirring constantly and waiting until each portion is absorbed before adding the next, until the rice is creamy and tender on the outside with each grain still distinct and firm
- This will take about 20 mins or maybe longer, depending on your pot, ingredients and stove
- If you need more stock you can add boiling water
- Stir through the wild rocket leaves and cook for a few minutes
- When cooked remove from the heat and vigorously stir in the butter, 2/3 of the Parmesan and the truffle oil, this will make the risotto even creamier.
- Taste, and season with salt and pepper

To serve:

- Place a mound of risotto in the centre of a large white pasta plate. Finish with the remainder of the shaved Parmesan and a drizzle of extra virgin olive oil or truffle oil and a grind of black pepper
- Serves 4-6

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