

MUSHROOM RISOTTO

Serves 4

INGREDIENTS

- onion x 1, dice
- garlic cloves x 2, crush
- chestnut mushrooms x 500g, slice
- white wine x 100ml
- arborio rice x 200g
- vegetable stock x 1 litre
- parmesan x 80g, grated
- fresh parsley x 20g, finely chopped
- double cream
- butter/oil
- sea salt
- black pepper

METHOD

- prepare all the ingredients (see above)
- heat butter/oil over a medium heat in a saucepan/casserole pot
- add the onion, garlic, a pinch of salt, cover with a lid and cook for 10 minutes, until soft
- add the arborio rice, stir well and cook for 2 minutes
- add the white wine, stir well and cook for 2 minutes
- gradually add the vegetable stock over 20-25 minutes, stirring regularly to ensure the rice does not stick to the base of the pan
- heat butter/oil over a high heat in a frying pan
- add the mushrooms and cook for 10 minutes, until golden
- remove from the heat and set aside
- once the rice is cooked, add the mushrooms, the grated parmesan and stir well
- add double cream, sea salt and black pepper to taste
- sprinkle with chopped parsley

TIP

- if you like blue cheese, add some gorgonzola - it is delicious

