

Mushroom Risotto

from Anita Sauvé RNCP

Ingredients:

2 Tbsp extra virgin olive oil

1 onion, chopped

1 cup Arborio or short grain brown rice

6 cups vegetable or chicken stock

3 cups fresh mushrooms, chopped (your choice of button, portabello, cremini, shitake etc..)

½ cup good quality dried mushrooms (lobster, porcini, shitake etc.)

½ cup dry white wine (optional)

Pinch of Celtic Sea Salt

¼ cup grated Parmesan cheese

Drizzle of truffle oil

Method:

Put stock in pot on stove and bring to a simmer.

Soak dried mushrooms in boiling water for 15-20 minutes, until softened.

Remove mushrooms from water, reserving liquid and chop.

Over medium heat, sauté onion in olive oil until translucent.

Add chopped fresh mushrooms and sauté until softened and reduced.

Add rice and sauté for another 2 minutes.

Add white wine and stir until liquid is absorbed.

Add reserved liquid from soaking mushrooms and stir until absorbed.

Continue to stir while adding a ladle full of stock at a time. Once each ladle has been absorbed you can add another until the risotto is almost fully cooked with just a bit of a bite to it (al dente). You may not need all of the stock or if you run out of stock you can simply add water.

Stir in Parmesan if using, drizzle with truffle oil and serve.