

Wild Mushroom Risotto

This dish can be great either served as a starter or for a good hearty family main meal.

To begin you will need to make a basic risotto rice recipe. The beauty about this is that once you master this you can simply add whatever is left in the fridge or whatever is in season to give you an exciting low cost amazing meal (such as butternut squash, chicken leftover from the roast, the possibilities are endless)

Mushroom is a classic risotto, however with the twist of adding different varieties of mushrooms takes this dish from good to unbelievable, well I think so.



First make your basic risotto rice recipe.

Serves 8

- 1 litre vegetable or chicken stock
- 2 tsp olive oil
- 1 tsp of butter
- 1 large onion peeled and finely chopped
- 600 g risotto rice
- 250 ml dry white wine

Stage 1

Bring the stock to a simmer in a saucepan, put the olive oil and butter in a separate large pan, add the onion and cook very gently for about 10 mins, without colouring, until soft, add the rice and turn up the heat. It is important to keep moving the rice around so it does not catch on the bottom of the pan.

Stage 2

Quickly pour in the wine, keep stirring until it has evaporated. Turn the heat down. Now add the stock a ladle at a time so the rice absorbs slowly and does not cook too quickly. This should take about 15 mins and your rice should have absorbed all the stock.

At this point we are going to make the wild mushroom risotto, however you can add whatever you like to make your very own. Be creative!

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Stage 3

Mushroom

100 g butter and an extra knob
4 large handfuls of wild mushrooms
sea salt and ground black pepper
1 tsp of thyme leaves
3 cloves of garlic peeled and finely chopped
300 ml additional stock
Handful grated parmesan cheese
Handful chopped flat leaf parsley
50 ml double cream (optional)

While you are cooking out your onions you can prepare your mushrooms for adding in for in the last couple of minutes.

Heat a large frying pan, add a knob of butter and when it begins foaming add your mushrooms with a little seasoning. Toss around and cook for a minute, then add your thyme and garlic. Cook for a further 2 minutes. Add the cooked mushrooms to your risotto. If it is a little dry just add more stock or alternatively you can add a little cream

Stage 4

Just finishing off now. Turn off the heat, beat in the rest of the butter and parmesan, then check the seasoning, add salt and pepper if needed.