



Scotland Island Gourmet Fresh

Marvellous Mushroom Risotto (V)

Prep 10 mins
Cook 30 mins
Total 40 mins

Pantry
Boiling water, Olive oil, Dry white wine, Butter

Ingredients (in the order that they are used)

	2 People	4 People
Vegetable stock paste	2 tsp	1 tbs
Boiling water	750ml	1 ½ ml
Olive oil	2 tbs	4 tbs
Brown onion (finely diced)	1	2
Arborio rice	1 cup	2 cups
Dry white wine	100ml	200ml
Mushrooms (sliced)	1 punnet	2 punnets
Butter	2 tbs	4 tbs
Garlic (peeled and crushed)	1 clove	2 cloves
Parsley (finely chopped)	½ bunch	1 bunch
Parmesan cheese	½ block	1 block

1/ In a medium pan add the vegetable stock paste to the water and bring to the boil. Over a low heat keep it warm.

2/ In a large saucepan, heat the olive oil over a medium heat and sauté the brown onion for 5 minutes or until it is soft. Add the Arborio rice, coat the grains and cook for 1 minute. Pour in the dry white wine, pop in half the mushrooms and cook for 2 minutes or until the wine reduces slightly. Add a ladle of the hot veggie stock and stir continuously until the stock has been absorbed and then add another ladle.

[Repeat this process for approximately 25 – 30 minutes or until the rice is cooked “al dente”]

I find this a very good time to enjoy a glass of Dry white wine from the bottle you have already opened for this recipe.

3/ In another pan, while the rice is cooking, heat the butter, add garlic and the remaining mushrooms and a pinch of salt. Cook for about 5 minutes, stirring occasionally until the mushrooms are brown and juicy. Add half the parsley.

4/ Scrape the mushrooms and any pan juice into the risotto, season to suit your taste. I love some extra black pepper at this stage.

5/ Divide it amongst bowls and sprinkle with remaining parmesan and parsley. Yum in a bowl.