



BOWLAND
FOOD HALL

INSPIRED RECIPES

Forest Mushroom Risotto

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Forest Mushroom Risotto

Serves 4 | Prep time 5 mins | Cook time 20 mins

V

INGREDIENTS

Seggiano Carnaroli Risotto Rice
(approx 90g per person)

1/2 Onion

1 Garlic clove

Closed cup mushrooms
(approx 50-75g per person)

Cooks & Co dried mixed forest
mushrooms (approx 10g per person)

Parmesan

40g Butter

White Wine

Potts & Co Vegetable Stock



METHOD

1. Soak the dried forest mushrooms in boiling water until soft.
2. Finely dice the onion.
3. Peel and grate the garlic (or use a garlic press).
4. Add half the butter to a frying pan and sweat off the onion and garlic, add a pinch of salt and pepper.
5. Bring the veg stock to the boil and lower the heat - you want to keep the stock warm until needed later.
6. Once soft add the rice.
7. Stir until all the rice is coated with the butter mix.
8. Add a 3rd of a cup white wine.
9. Stir until absorbed by the rice.
10. Keep the pan on a medium heat and add the veg stock a ladle at a time until rice has absorbed the liquid each time - keep adding until the rice is cooked. The cooking time should take approx 20 minutes and your risotto is done when your rice is 'al dente' - cooked through but with a tiny bit of firmness left in the middle.
11. Once cooked, stir in some butter and three quarters of the parmesan. Season to taste with salt and pepper. Serve your risotto in deep bowls and garnish with a sprinkle more parmesan. Enjoy!

Goes great with a bottle of
"The Listening Station Chardonnay"

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