

Mushroom Risotto



Ingredients

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| 1 onion | 1 x 5ml spoon vegetable stock powder |
| 150g chestnut mushrooms | 1-1.5 litres water, boiling |
| 2 cloves garlic | 1 x 15ml spoon parmesan, grated |
| 1 x 15ml spoon olive oil | 1 x 10ml spoon thyme, chopped |
| 250g risotto rice | |

Equipment



Method

1. Prepare the vegetables:
 - peel and chop the onion;
 - slice the mushrooms;
 - peel and crush the garlic.
2. Fry the onion and garlic in the oil until soft.
3. Add the mushrooms, and fry for another 2 minutes.
4. Stir in the rice.
5. Mix the stock powder with the water.
6. Add a little of the stock to the rice and keep stirring till the stock is absorbed.
7. Continue adding the stock until the rice cooks – this will take 20-25 minutes. The rice should be soft, but still retain a nutty bite.
8. Stir the parmesan and thyme into the rice.

Top Tips

- Try using different ingredients, such as chicken, prawns or Mediterranean vegetables.
- Add different herbs and spices, e.g. basil, parsley or chilli powder, for extra flavour.

Skills

- Using the hob
- Using a knife
- Preparing an onion

