

Mushroom Risotto

Meal time: Dinner

Meal course: Main

Meal type: Meat

Country of origin: Italy

Difficulty: Medium

Servings: 6

Total time: 55 minutes (Preparation Time: 10 minutes, Cooking Time: 45 minutes)

Ingredients

8 tbsp butter
 400g brown mushrooms
 1 tbsp minced garlic
 1/2 tsp salt
 2 fresh thyme sprigs
 Pepper, to taste
 2 small onions, minced
 330g Arborio Rice
 3 tbsp lemon juice
 1200ml chicken or vegetable stock
 90g freshly grated parmesan cheese
 3 tbsp heavy cream
 fresh parsley minced, for garnish

Nutrition Facts

	Amount per serving
Calories	448
Total Fat	22.2g
Saturated Fat	13.8g
Cholesterol	62mg
Sodium	1093mg
Total Carbohydrate	46.1g
Dietary fiber	2.4g
Total Sugars	3.2g
Protein	11.2g
Vitamin D	15mcg
Calcium	188mg
Iron	1mg
Potassium	474mg

Method

1. In a small saucepan, warm the broth over low heat.
2. Take a heavy bottom skillet and melt half of the butter in it over medium flame. Cook the mushrooms in it for 8 minutes, or until tender. Stir in the garlic, salt, thyme sprigs, and pepper for one more minute. Take the mushroom out of the pan and set it aside.
3. Over medium heat, add the remaining half butter to the same pan. Cook onion in it until translucent over low to medium heat.
4. After the onion has finished cooking, add the rice and stir for about 3 to 4 mins.
5. Add lemon juice, then bring to a boil while stirring continuously until all of the liquid is imbibed. Stir in 237 ml of the vegetable/chicken broth until nearly all of it has been absorbed. Repeat process of adding stock (237 ml at a time) while stirring continuously until all of the liquid has been absorbed. (It may take 20 to 25 mins).
6. Add parmesan cheese and cream and cook for five minutes more over low heat while stirring gently. Risotto must be creamy but firm to bite.
7. Transfer the risotto to your desired serving bowl and top it with the mushrooms. Sprinkle some fresh chopped parsley and freshly ground pepper.

Notes: Starch in rice is primarily found in the coating of the rice. Because the starch allows for a creamy consistency to develop, it is encouraged to not rinse the grains.