

# Mushroom Risotto

SERVINGS: 4

PREPPING TIME: 10-20 MIN

COOKING TIME: 30 MIN



## Ingredients

- |                                       |                                      |
|---------------------------------------|--------------------------------------|
| 2 tbsp butter                         | 100g frozen peas                     |
| 300g risotto rice                     | 187ml white wine (mini bottle)       |
| 1 onion, chopped                      | 6 rashers of streaky bacon, chopped  |
| 3 gloves of garlic, chopped           | 1 litre vegetable/chicken stock      |
| 250g white/chestnut mushrooms, sliced | 100g parmesan, grated                |
| 1 leek, washed and sliced             | salt and freshly ground black pepper |

## Directions

1. Heat 1tbsp butter in a large pan and add the onions, garlic and leek.
  2. Once softened, add the risotto rice and toast until just starting to catch on the pan. At this point, add the wine and cook until absorbed.
  3. Start adding the hot stock, a ladleful at a time, stirring well and waiting for most of the stock to be absorbed before adding the next ladleful. This will take about 20 minutes.
  4. Meanwhile, add the bacon to a hot frying pan and fry until crispy. Set aside.
  5. Add the mushrooms to the same frying pan, allowing them to absorb the flavours of the bacon fat.
  6. Stir in the mushrooms, peas and two thirds of the bacon to the risotto. Add salt and pepper to taste.
  7. Once the peas are cooked, stir through two thirds of the parmesan and the remaining butter.
  8. Serve up and top with the remaining parmesan and crispy bacon.
- This recipe can be made vegetarian by not including the bacon and substituting parmesan with a vegetarian alternative.

# Tips for the perfect risotto

## The type of rice:

Using a short-grain rice variety specifically designed for risotto, like Arborio or Carnaroli, is essential. Risotto rice is specifically chosen for its high amylopectin content, a type of starch that readily breaks down and thickens liquids when cooked. This creates the creamy texture associated with risotto.

## Toasting the rice:

Before adding liquid, lightly toasting the rice grains helps to develop a protective layer, preventing the starch from releasing too quickly and leading to a more even cooking process.

## Using wine:

Optional, but wine adds flavour and acidity to risotto, which helps balance out the richness of the dish. The wine's flavour becomes more concentrated as it cooks. This should always be added after toasting the grains, before the stock.

## Gradual liquid addition:

The slow and steady addition of stock allows the rice to absorb the liquid gradually, releasing the starch evenly and creating a smooth, creamy sauce.

## Regularly stirring:

Stirring continuously helps to distribute the starch throughout the liquid, promoting even cooking and preventing sticking.

## Temperature control:

Maintaining a consistent cooking temperature is important to ensure the starch is released at the right pace, not too quickly causing a mushy texture.

## Adding butter and cheese at the end:

This helps create a rich, creamy texture through a process called "mantecatura," where the dairy gently melts into the rice, coating the grains and releasing their starches to create a smooth, luxurious consistency. This can be left out if your aim is to calorie control the dish.