

Mushroom Risotto



Ingredients

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

