



FOUR WALL FARM GOURMET MUSHROOMS

MUSHROOM RISOTTO

Risotto is a simple dish. I used to think that risotto was some exotic food I could only get in a restaurant. Turns out it doesn't take that much time (though a good bit of stirring) to create a rich decadent dish that can be a main, or the perfect side to a simple entrée like grilled chicken. I love making this with Chestnut mushrooms, but oysters or kings would work as well. - KC
More recipes are available at www.4wallfarm.com.

INGREDIENTS:

8oz Chestnut or Oyster mushrooms
3/4 cup risotto rice*
2 Tbsp olive oil
1 Tbsp unsalted butter (Optional)
1 shallot, minced
1 tsp of salt
1 sprig fresh thyme or 1/4 tsp dried
3 1/2 cups of stock of choice
1/2 cup white wine

To finish: 2 Tbsp salted butter, 1/4 cup grated pecorino romano



VEGAN VERSION:

Eliminate the butters and cheese, and substitute 1/4 cup of warmed vegetable-sourced cream at the end. Keep it on the heat while mixing in the cream.

* Risotto rice is readily available in the supermarkets. It is a special type of rice with small or medium grains that can absorb a large amount of moisture without becoming mushy. Types include: Arborio & Carnaroli—I have also used Calasparra, which is a Spanish rice used for paella..

INSTRUCTIONS:

Chop mushrooms. If using chestnuts, separate stem from head and chop both. Pieces should be approximately 1/2 inch or less. Start by heating the stock to a simmer in a small pot. Keep it warm as you cook the rice. Add 2 tbsp olive oil to a non-stick sauce pot over high heat. Add shallots and cook for about 1 minute, till starting to get translucent. Add mushrooms and salt. Stir and cook until liquid has been drawn out and evaporated. Add the tbsp of butter, rice, and thyme. Continue to stir until rice is lightly toasted, about 3 minutes. Turn heat down to medium-low. Add wine, and again stir till evaporated.



Now, start adding the warm stock by ladle. Between each ladle of stock, stir the rice until it is fully absorbed into the rice. Traces of moisture might remain as you stir. Be attentive, and careful not to let it scorch before you add the next ladle. This process takes 20-30 minutes. You will end up with a thick, creamy rice with soft, but not mushy grains. Turn the rice off and let it sit while you finish. If using, brown the salted butter over low heat by heating until it turns dark brown and has a nutty smell. Add the browned butter and the grated pecorino to the rice and stir to combine.

For an extra special treat—use any leftovers to make the Sicilian rice balls called arancini.