



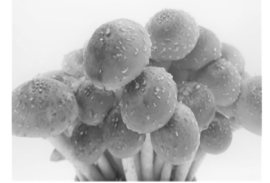
## MUSHROOM RISOTTO

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. I love making this with Chestnut mushrooms, but oysters or kings work as well. - KC  
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### INGREDIENTS:

8oz Chestnut or Oyster mushrooms  
3/4 cup risotto rice\*  
2 tbsp + 1 tbsp olive oil  
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 plant-sourced cream OR 2 Tbsp vegan butter, 1/4 cup vegan parmesan cheese (optional)



\* 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 1 tbsp olive oil, 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. You can end at this point, or add the additional items to lend that "creamy" taste. If using, melt the vegan butter over low heat, browning it slightly if possible. Add the melted vegan butter, and the grated vegan parmesan to the rice (or the warmed plant sourced cream) and stir to combine.

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