

cooking demonstration

Sara Harrel*How to Make a Great Risotto*

416-488-5097

sharrel@vegcompany.com

www.vegcompany.com

SMOKY WILD MUSHROOM RISOTTO

Yield: 6 Servings

900 ml vegetarian stock (low sodium)**1/2 ounce dried porcini mushrooms reconstituted for 15 minutes in 1/2 cup warm water (strain and reserve liquid)****2 tablespoons extra virgin olive oil, divided****1/2 cup minced shallots (about 2 small)****2 small cloves garlic, pureed (divided)****2 medium sized portobello mushroom caps, gills removed, sliced and cut in one inch lengths****2 teaspoons fresh thyme leaves, divided****2 tablespoons finely chopped fresh italian parsley****1 cup arborio rice****2 tablespoons unsalted butter (optional)****2.5 ounces applewood or other smoked cheddar, very finely grated****Salt and freshly ground black pepper to taste****Garnish:****1.5 ounces applewood or other smoked cheddar, very finely grated****Chopped fresh italian parsley**

1. Combine vegetarian stock and the reserved liquid from reconstituted porcini in a small pot and bring to a boil. Reduce heat and keep warm.
2. In a large skillet, heat one tablespoon olive oil over medium-high heat. Add one pureed garlic clove and Portobello mushroom caps. Sear and cook until mushrooms are cooked through. Stir in one teaspoon thyme leaves, reconstituted porcini mushrooms, a sprinkling of salt and freshly ground black pepper. Remove from heat.
3. In a large pot, heat remaining tablespoon of olive oil over medium heat. Add shallots, remaining garlic clove and sauté a minute or two, until shallots have begun to soften. Add arborio rice, and sauté one more minute. Add stock, one ladle at a time, stirring constantly until the liquid is absorbed before adding the next ladle. Continue until all the liquid is absorbed and rice is cooked al dente.
4. The entire process should take about 20-25 minutes.
5. Stir in remaining teaspoon of thyme leaves, fresh parsley and butter. Stir until butter is melted. Stir in grated smoked cheddar and stir until cheese is completely melted. Season to taste with salt and freshly ground black pepper. Garnish with additional cheese and parsley, if desired. Serve immediately.

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