

MUSHROOM RISOTTO

SERVES 2 AS A MAIN COURSE, OR 4 AS A STARTER

The truffle oil is not essential, but really does make a difference to the end product – so I would strongly recommend it. White truffle oil is better, and can be used in all sorts of dishes as well as this. Try adding to soup, for example, or sprinkle on pasta. I also always use carnaroli risotto rice, but you could use other types too.

INGREDIENTS

30 gm butter	100 g button or wild mushrooms
1 small onion or 3 small shallots	30 g grated parmesan
150 gm carnaroli rice	black pepper
20 g dried porcini mushrooms	4 tbsp parsley
60 ml dry white wine	30 gm extra butter
450 ml Swiss Marigold vegetable stock	½ tsp truffle oil (preferably white)
2 cloves garlic	

INSTRUCTIONS

Put the dried mushrooms in a bowl and pour over warm water. Leave the mushrooms to soak for up to 40 minutes (check on the packet). Peel and finely chop the onion or shallots and garlic.

Melt the butter in a large pan (or sauté pan), and add the onion and garlic. Cook on a low heat until the onions have started to soften (but not brown). About 5 minutes. Stir occasionally. Meanwhile, slice the button or wild mushrooms quite finely. Add them to the pan, and continue to cook over a low heat. The mushrooms will initially absorb all the butter, but as they begin to cook, they will release their own juices and the butter will reappear in the base of the pan.

Whilst they are cooking, put the stock into another pan, and place over a low heat to keep warm. Remove the dried mushrooms from the water, squeeze out excess liquid and chop quite finely.

Add the rice to the butter and mushroom mix, and toss to coat the rice in the flavoured butter. Just about 1 minute. Now add the wine - this will immediately start to absorb into the rice. When it has just about all disappeared, add a ladle full of the stock, and stir once. Continue to add stock as it is absorbed into the rice, and stir lightly. Don't over stir, as this could cause the rice to break.

Whilst the rice is cooking chop the parsley, and grate the parmesan.

When all the stock has been used up, test the rice. It should have just a little bite to it - not soft and mushy, but not so hard that it is uncooked. I like to feel that each piece of rice is distinguishable from the next, but that it is soft and gentle in the mouth. On no account should it be like rice pudding!

Immediately add the remaining butter, truffle oil, parsley and parmesan, with a few good turns of black pepper. No salt should be necessary, if you are using Swiss Marigold stock – but check for taste, and serve immediately.