

# Risotto

Risotto is a traditional Italian dish made with a suitable variety of rice such as Arborio, Carnaroli or Vialone Nano. It is one of the most common ways of cooking rice in Italy and is one of the pillars of Milanese cuisine.

When risotto is cooked, the rice is first cooked briefly in butter or olive oil until evenly coated and the rice starts to turn translucent, before broth is added, one ladle at a time. There are other similar dishes, but they should not be called "risotto" if the rice is not toasted.

## Wild Mushroom Risotto (serves 4)

This is an easy one to prepare – feel free to add green peas, some chicken or substitute vegie stock with chicken or even veal stock for something less “vegetarian.”

### **Olive Oil**

**300g vialone nano or carnarole rice**

**500ml stock (vegie, chicken or veal)**

**1 large onion diced**

**2 cloves garlic finely diced**

**100ml rose verjuice**

**1 cup grated or shaved grana padano cheese**

**Fresh or reconstituted wild mushrooms (instructions on packet)**

**Chopped continental parsley**

Heat stock/verjuice in separate saucepan. In large, solid base frypan, sweat onions in olive oil over medium until clear, add rice and gently saute until the rice becomes translucent. Ladle in some stock and keep adding more as the rice absorbs it – stirring all the while.

Add mushrooms (and chicken & peas if desired) when rice is about half cooked.

Keep adding stock and cook until rice is al dente to retain that “nutty” texture.

Just before serving, stir through chopped parsley and 2/3's of the cheese.

Serve into bowls, drizzle over some more olive oil (or truffle oil if you want to take it up another notch), a sprinkle of salt and some more grana padano.

Bellissimo!!!



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