

## MUSHROOM RISOTTO

### Ingredients

Serves 4

1L Vegetable stock (reduced sodium is preferable)

1 Tbsp. Olive oil, 1 Onion, finely chopped

2 Garlic cloves, finely chopped or crushed

250g Mixed mushroom, cleaned and sliced, 1 tsp. Dried thyme, 300g Risotto rice

175ml Dry white wine (the alcohol does cook off but if you don't want to use alcohol use

150ml extra vegetable stock and 25ml white wine vinegar)

5g Butter, 60g Grated parmesan cheese, Handful fresh parsley leaves, chopped

### Method

In a deep frying pan or a wok heat the olive oil over medium heat and fry the onions and garlic for about 6 minutes until soft. Stir in the mushrooms, season with salt and pepper, and cook for a further 8 minutes until the mushrooms soften. Tip the rice into the pan and cook for a minute. Pour in the wine and allow to boil down to nothing to remove the alcohol. Then add  $\frac{1}{4}$  of the stock and stir continuously until the stock is absorbed. Continue this process until all the stock is used up and the rice is cooked. You will notice that it starts to become creamy and plump. Remove from the heat and add the butter and half of the parsley and cheese. Stir in, cover and allow to stand for a few minutes so any remaining liquid can be absorbed. Dish into bowls and scatter with remaining cheese and parsley. Serve with a side salad or other vegetables.