

## FORREST MUSHROOM RISOTTO

### EQUIPMENT

MEDIUM SIZE FRY PAN, DEEP DISH BAKING TRAY, CHEF KNIFE, WOODEN SPOON

### INGREDIENTS

350GM ARBORIO RICE, 500GM CHICKEN OR VEGETABLE STOCK, 60GM EACH OF OYSTER, SHIMEJI AND BABY KING BROWN MUSHROOMS, 1 DICED BROWN ONION, 2 CHOPPED CLOVES OF GARLIC, 60GM BUTTER, 50-60GM GRATED PARMESAN CHEESE, OLIVE OIL, SALT AND PEPPER

### METHOD

PREPARE THE MUSHROOMS BY TEARING THE OYSTER MUSHROOMS INTO 3-4 PIECES AND SET ASIDE, CUT THE MAIN "STEM" FROM THE SHIMEJI MUSHROOMS SO THEY BECOME INDIVIDUAL MUSHROOMS AND SLICE THE BABY KING BROWN

PLACE THE FRY PAN OVER MEDIUM/HIGH HEAT AND ONCE HOT ADD A SPLASH OF OLIVE OIL, PLACE ALL THE MUSHROOMS IN THE PAN AND COOK UNTIL GOLDEN 3-4 MINS

REMOVE FROM THE HEAT AND PLACE THE MUSHROOMS IN THE BAKING DISH

RETURN THE PAN TO THE HEAT AND ADD ANOTHER SMALL SPLASH OF OLIVE OIL AND FRY THE ONION AND GARLIC OVER MEDIUM HEAT FOR 2-3 MINS

ADD THE RICE AND TOAST FOR 2-3 MINS STIRRING CONSTANTLY WITH A WOODEN SPOON

REMOVE THE RICE FROM THE STOVE AND PLACE IT IN THE TRAY WITH THE MUSHROOMS, SEASON WITH SALT AND PEPPER.

POUR OVER 400GM OF STOCK AND RESERVE THE REMAINING STOCK, COVER THE TRAY TIGHTLY WITH FOIL AND PLACE IN A PRE-HEATED OVEN STEAM SETTING 100 DEGREES FOR 14 MINS

ONCE COOKED REMOVE THE RISOTTO FROM THE TRAY AND RETURN TO THE PAN ADD THE REMAINING STOCK AND COOK FOR A FURTHER 2-3 MINS OVER MEDIUM HEAT

REMOVE FROM THE HEAT ADD THE BUTTER, SOME PARMESAN AND STIR THROUGH

PLACE IN A LARGE SERVING BOWL, SPRINKLE OVER SOME EXTRA PARMESAN AND GARNISH WITH SOME MICRO HERBS

### HINTS & TIPS

- DIFFERENT MUSHROOMS ARE AVAILABLE AT DIFFERENT TIMES OF THE YEAR, TRY THIS RECIPE WITH SOME WILD PINE MUSHROOMS OR SLIPPERY JACKS

- FOR A LITTLE EXTRA TOUCH OF DECADENCE ADD A FEW DROPS OF GOOD QUALITY TRUFFLE OIL JUST BEFORE SERVING