



## INGREDIENTS

Serves 4

## Stock

- 2.5 l (4 pints) chicken or vegetable stock
- 50 g (1.8 oz) dried wild mushrooms (cep/porcini)
- 2 cloves of unpeeled garlic
- sprig of thyme

## Risotto

- 250 g (9 oz) unsalted butter
- 2 onions, finely chopped
- 4 cloves of garlic, finely chopped
- 2 sprigs of thyme
- 250 g (9 oz) button mushrooms, sliced moderately finely
- 350 g (12 oz/4 handfuls) carnaroli rice
- 400 g (14 oz) selection of wild mushrooms
- 100 g (3.5 oz) parmesan cheese, to taste
- pepper to taste
- truffle oil and rocket salad to serve

## METHOD

## Stock

- 1 In a saucepan, make up the chicken stock as per the packet instructions.
- 2 Add the dried mushrooms, garlic and 1 sprig of thyme.
- 3 Leave to simmer until needed.

## Risotto

- 1 Melt  $\frac{3}{4}$  of the butter in a saucepan until it is foaming, but not splitting.
- 2 Add the chopped onion, garlic and sprigs of thyme.
- 3 Gently move the ingredients around the pan with a wooden spoon to soften the onions in the butter. When the onions are translucent, add the sliced button mushrooms.
- 4 Cook on a gentle heat until the mushrooms are also translucent.
- 5 Add the rice and move it around in the mixture until you hear a faint little crackle.
- 6 Remove the garlic and thyme from the stock.
- 7 Add the stock to the rice, a little at a time, stirring all the time.
- 8 Cook for around 12-15 minutes - until you can bite right through a grain of rice with no hard bit in the middle.
- 9 Add the wild mushrooms and dried mushrooms from the stock.

10 Add the extra butter reserved earlier and the parmesan cheese to taste.

11 Serve the risotto with a drizzle of truffle oil and rocket salad.



# ABOUT MUSHROOMS



To compare the amount of water taken up by various dried foods in the re-hydration process, first, weigh some dried mushrooms. Then follow the instructions on the packet for re-hydrating them. Once re-hydrated, drain and re-weigh them to see how much water they have taken up. Then use them in a recipe. You can compare re-hydrated mushrooms with sun-dried tomatoes and with 'Smash' mashed potatoes. Which dried food takes up most water?

- Not all mushrooms are edible. Some wild ones are very poisonous and can even cause death. You must not gather or eat wild mushrooms unless you are an expert in identifying them.
- There are over 38,000 mushroom varieties today. Some are edible and some are highly toxic.
- Porcini and Shiitake mushrooms are particularly flavoursome because they are endowed with sulphur compounds that generate meaty aromas.
- A *mycologist* is someone who studies mushrooms and fungi, but if you like them, you are a *mycophile*.
- Over 8 million tonnes of mushrooms are harvested every year and about 60 per cent of the the world's production comes from China.
- Most of the mushroom lives underground and has a fine network of fibres that gathers the nutrients it needs to grow through the soil. The part that we see and eat is only a small portion of the mushroom.

If you want to learn more about the importance of a variety of food for human nutrition, then you might like to take our science short course, *Understanding human nutrition* (SK183).