

Mushroom risotto

Ingredients

- 1 onion
- 150g chestnut mushrooms
- 2 cloves garlic
- 1 x 15ml spoon olive oil
- 250g risotto rice
- 1 x 5ml spoon vegetable stock powder or cube
- 1 – 1.5 litres water, boiling
- 1 x 15ml spoon parmesan, grated
- 1 x 10ml spoon thyme, chopped



Equipment

- Chopping board, knife. Garlic press, weighing scales, measuring spoons, frying pan, wooden spoon, kettle, measuring jug.



Method

1. Prepare the vegetables:
 - peel and chop the onion;



- slice the mushrooms;



- peel and crush the garlic.



2. Fry the onion and garlic in the oil until softened.



3. Add the mushrooms, and fry for another 2 minutes.



4. Stir in the rice.



5. Mix the stock powder with the water.



6. Add a little of the stock until the rice – a little at a time. Wait for the stock to be absorbed, stirring constantly.



7. Continue adding the stock until the rice cooks – this will take 20 – 25 minutes. The rice should be soft, but still remain a nutty bite.



8. Stir in the parmesan and thyme into the rice.

