



MUSHROOM RISOTTO

MISE EN PLACE

- Place your stock in a pot to warm. It's good to have extra stock available, since you will keep adding stock to your risotto until it is done.
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MUSHROOM RISOTTO *(serves 4-6 as an entrée)*

Recipe by KATHRYN JOEL

2 cups risotto rice, we prefer Carnaroli or Violone Nano, or you can use Arborio

7+ cups stock, chicken or vegetable

50 g butter, unsalted*

2-3 tbsp olive oil

2 large shallots, finely chopped

4 cups mushrooms, a mixture of wild and cultivated such as cremini, oyster, portabello, chanterelle

Optional: Handful dried mushrooms (porcini, lobster etc.) rehydrated in hot water

45 ml brandy or use white wine

handful thyme sprigs, leaves picked

Zest and juice of one lemon, or to taste

*90 ml whipping cream**

1 glass white wine

Kosher or sea salt, and freshly ground black pepper

To Finish:

100g parmesan cheese, grated, or to taste*

50g unsalted butter, diced and chilled**

Handful fresh herbs, parsley, chives or basil

salt and black pepper

****NOTE: For a Vegan version, use olive oil instead of butter to start your risotto, and cook the mushrooms. Omit the cream in the mushrooms, and the parmesan and butter to finish. You can add some nutritional yeast to add an umami punch that the parmesan would otherwise provide.***

- Place the (optional) dried porcini or lobster mushrooms in a bowl, and cover with hot water from your kettle. Allow to rehydrate for about 20 minutes, then strain, retaining the soaking liquid. Coarsely chop the rehydrated mushrooms.
- Using a brush and some dampened paper towel, clean and slice or tear the mushrooms, keeping each variety separate.
- In a sauté pan, heat some olive oil, then cook the mushrooms without overcrowding and in batches, seasoning with salt and pepper, until golden and cooked.
- Once all of the mushrooms are seared, combine them in the pan and add the fresh thyme and the (optional) chopped dried mushrooms.
- Now turn up the heat, and deglaze with a little brandy (or use white wine), then reduce.
- Add the cream and reduce until syrupy. Adjust seasoning to taste with salt, pepper and lemon juice. Set aside.
- Meanwhile, place the stock in a pan, adding the dried mushroom soaking liquid (if applicable) and bring to a gentle simmer.
- In a risotto pan, or a saucepan, add some olive oil and the first 50g of butter, and add the chopped shallots seasoning with salt. Sweat gently until softened, just a couple of minutes.
- Now turn up the heat and add the rice, stirring for a minute or two until the rice is hot to the touch.
- Next add the wine, and stir until it is absorbed into the rice.
- Now begin to add the hot stock, 1 ladle at a time, stirring constantly and briskly until the stock is completely absorbed into the rice before adding the next ladle of stock. Add a pinch of salt with each addition of stock.
- Continue adding stock and stirring constantly, keeping the risotto at simmering point, for 18-20 minutes until the rice is creamy and just *al dente*. Your finished risotto should have some movement to it, it shouldn't be too thick.
- A minute or two before the risotto is ready, stir in the cooked mushrooms, to heat through.
- Finally reduce the heat and stir in the cold diced butter, a few pieces at a time, then finish with the parmesan to taste, and the lemon zest. Adjust seasoning to taste. Cover and remove from the heat.
- Rest for a couple of minutes then stir in any fresh herbs before serving.

EQUIPMENT

A knife and cutting board

A medium pot for stock
Measuring cups and spoons
A box grater
A ladle
A wooden spoon
A heavy bottomed pan with higher sides, rounded edges are ideal

BONUS RECIPES: These are complementary or additional recipes. They are for your reference and enjoyment and will not be taught in your class.

Vegetable Stock

2 carrots, peeled and roughly chopped
2 sticks celery, roughly chopped
1 leek, roughly chopped
1 large onion, roughly chopped
1 fennel bulb, roughly chopped
handful of parsley stalks
sprig of thyme
8-10 black peppercorns
10 cups cold water
3 bay leaves

- Place all of the ingredients in a large stockpot and cover with water by at least 2".
- Bring to the boil, then turn down to a gentle simmer.
- Skim off skum from the top of the stock and don't stir.
- Simmer for about 1 1/2 hours, strain and refrigerate.

Chicken Stock

4 chicken carcasses
2 carrot, peeled and roughly chopped
2 sticks celery, roughly chopped
1 leek, roughly chopped
1 large onion, quartered
handful of parsley stalks
sprig of thyme
8-10 black peppercorns
1 bay leaf

- Place the chicken bones in a large stock pot and cover with water by 2".
- Bring to the boil, then pour off the boiling water to remove all of the impurities.

- Add the remaining ingredients and fresh water to cover by several inches.
- Bring up to a very gently simmer – your stock should be barely bubbling.
- Simmer for 4-6 hours or overnight, then strain and refrigerate.
- The next day lift the congealed fat off the surface of the stock.

Risotto Rice Varietals*

The luxurious, creamy texture of a good risotto depends on using the right kind of rice. Italians have several varieties of risotto rice from which to choose, but in North America our selection tends to be limited. Here, the most familiar and widely available risotto rice is arborio, but other equally good (some say better) varieties, like carnaroli, vialone nano, baldo, and Calriso, are becoming easier to find. If you like to make risotto, you might find a new favorite by experimenting with these other varieties. All risotto rices have a couple of things in common. They have plump, medium to short grains and, more important, they all have a high proportion of amylopectin, a type of sticky starch that's responsible for the trademark creamy texture of risotto. In contrast, long-grain rices, like basmati or Carolina rice, have a higher proportion of the less-sticky starch called amylose. This starch causes long-grain rices to cook up light and separate, which is why these rices don't work well in risotto.

While similar on the macro level, the five risotto rices mentioned above vary in size and overall starch composition. When cooked, these variations translate into subtle, yet discernible, differences in the finished risotto.

Arborio: The most widely available risotto rice, arborio is typically wider and longer than carnaroli or vialone nano. It's not as starchy and it absorbs liquid a little less well.

Baldo: A relatively new variety, baldo is most comparable to arborio in shape and starchiness. It's the quickest cooking of the risotto rices.

Calriso: A hybrid of Italian and California rice varieties, Calriso is also quite similar to arborio in cooking characteristics, though it expands a bit more. Calriso is a trademarked brand name.

Carnaroli: Variously hailed as the "king" or the "caviar" of Italian rices, carnaroli is the preferred risotto rice in most regions of Italy except the Veneto. It's said to produce the creamiest risotto, yet it's more resistant to overcooking than arborio

Vialone nano: The preferred rice of the Veneto region, vialone nano can absorb twice its weight in liquid. With a starch content almost as high as carnaroli's, it also produces a very creamy risotto.

*excerpt From 'Fine Cooking'