



Mushroom Risotto

15'
Hands on

40'
Cook Time

4-6
Portion(s)

2
Difficulty



Method

- Place a [pan](#) over medium heat.
- Add the olive oil and the chopped onions.
- Add the [minced](#) garlic, the thyme and sauté for 8-10 minutes, until they caramelize nicely.
- Add the rice and sauté for 2-3 minutes, until it turns a light golden.
- Add the wine, the sugar and gently [stir](#), continuously.
- Allow all of the wine to evaporate before adding the stock or else the risotto will turn out sour.
- Add enough stock to cover the mixture and stir continuously over medium heat.
- Add the mushroom duxelles and stir to combine.
- When all of the stock has been absorbed, add another spoonful of stock to the mixture and wait for it to be absorbed. Repeat this process until the rice is ready. You want the rice to be tender but not mushy.
- Add 2 tablespoons of butter and the grated parmesan. Stir to combine. Your risotto should be nice and creamy.
- If it seems dry or too thick add a little more stock. Remove from heat and cover with lid. Set it aside to let it rest.
- To prepare the mushrooms, place a [pan](#) over high heat. Allow it to get very hot.
- Add 1 tablespoon of olive oil and half of the mushrooms. You do not want to crowd them in the pan.
- Sauté until they are nice and golden. Repeat the same process for the rest of the mushrooms.
- When the mushrooms are ready, check your risotto. Season to taste and make sure it is nice and creamy. If not add a little more stock.
- Transfer to a serving plate. Top with the sautéed mushrooms, sprinkle with grated parmesan and fresh thyme.

Ingredients

- 300 g [duxelle μανιταριών](#)
- 2 onions
- 1 tablespoon(s) granulated sugar
- 1 clove(s) of garlic
- 250 g rice for risotto
- 125 g white wine
- 2-3 tablespoon(s) olive oil
- 50 g butter
- 1 chicken bouillon cube
- 800 ml water, to dilute bouillon cube and make stock
- 70 g parmesan cheese, grated
- salt
- pepper
- thyme, only the leaves, for serving

For the mushrooms

- 200 g champignon mushrooms
- 2 tablespoon(s) olive oil
- salt
- pepper

Διατροφικός πίνακας

Nutrition information per portion

353 Calories (kcal)	14.0 Total Fat (g)	7.2 Saturated Fat (g)	45.0 Total Carbs (g)
6%	20%	36%	17%
6.1 Sugars (g)	13.0 Protein (g)	3.0 Fibre (g)	1.1 Sodium (g)
7%	26%	12%	18%