

# YEAR 9 FOOD MODULE 1

## MUSHROOM RISOTTO

### INGREDIENTS

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

### METHOD

- 1 Prepare the vegetables
  - Peel and chop the onion
  - Slice the mushrooms
  - Peel and crush the garlic
- 2 Fry the onion and the garlic in the oil until soft
- 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 to the rice and keep stirring till the stock is absorbed.
- 7 Continue adding the stock until the rice cooks – this will take 20-25 minutes. The rice should be soft, but still retain a nutty bite
- 8 Stir the parmesan and the thyme into the rice

### TOP TIPS

Try using different ingredients, such as chicken, prawns or mediterranean vegetables.

Add different herbs and spices, e.g. basil, parsley or chilli powder for extra flavour.