

★ Quick ★ Vegetarian ★ Energy

Barley risotto

WITH DRIED WILD MUSHROOMS

DO YOU LIKE FORAGING FOR MUSHROOMS IN THE FALL? IF SO, HAVE YOU TRIED DRYING THESE LITTLE TREASURES OF FLAVOR WHEN THEY ARE AT THEIR PEAK FOR EATING IN WINTER? INSTRUCTIONS ON DRYING MUSHROOMS CAN BE FOUND ON PAGE 18—THOUGH, OF COURSE, YOU CAN ALSO BUY DRIED MUSHROOMS AT QUALITY FOOD STORES AND SOME FARMERS' MARKETS. DRIED MUSHROOMS WORK ESPECIALLY WELL WITH THE BARLEY IN THIS RISOTTO. THEY SIMPLY TASTE DELICIOUS.

INGREDIENTS

SERVES 2

½ CUP DRIED WILD MUSHROOMS
 ½ MEDIUM ONION OR 1 SHALLOT
 1 GARLIC CLOVE
 2 TBSP OLIVE OIL
 ½ CUP (100 G) PEARL BARLEY
 ½ GLASS WHITE WINE
 SALT AND BLACK PEPPER
 2 CUPS (500 ML) BEEF, CHICKEN, OR VEGETABLE STOCK
 ½ LEMON
 1 TBSP BUTTER
 1 CUP GRATED PARMESAN OR AGED GRUYÈRE CHEESE
 ½ BUNCH PARSLEY, CHOPPED

TIP

If you are serving the risotto as a vegetarian main course, gently fold in a handful of coarsely chopped arugula just before serving. Barley risotto shines just as brightly as a creamy side for grilled meat, game, and poultry.

PREPERATION

Soak the mushrooms in 1 cup water for at least 1 hour. Drain in a fine-mesh sieve set over a bowl to catch and reserve the soaking water. While the mushrooms are soaking, peel and finely chop the onion or shallot and garlic. In a deep skillet, heat the oil. Add the onion and garlic, and briefly sauté. Add the barley and drained mushrooms and sweat briefly.

Add the wine and deglaze by scraping up the browned bits. Lightly season with salt and pepper. Add the stock bit by bit, making sure it is fully absorbed between additions. If desired, add some of the soaking water to enhance the earthy flavor of the mushrooms. Simmer over medium heat, stirring or shaking the pan occasionally. Turn off the heat after about 25 minutes.

Remove from heat, cover the skillet, and let the risotto stand for 5 minutes. Place the skillet on a trivet to allow the skillet, rather than the surface below, to retain the stored energy. Wash, zest, and juice the lemon. Stir the zest and juice into the risotto.

To finish the dish, fold in the butter and the grated Parmesan or Gruyère. Taste and adjust the salt and pepper, then garnish with chopped parsley.

