

Roasted Mushroom & Preserved Lemon Risotto



Risotto takes a little time and attention but the payoff is worth it. Plus, you can adjust the flavor profile with any combination of vegetables, herbs, and spices you like.

YIELD 8 SERVINGS	PREP TIME 20 MIN	TOTAL TIME 60 MIN
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INGREDIENTS

10 cups	Chicken or Vegetable Stock, no salt added or homemade
¼ cup	Dried mushrooms
1 tsp	Olive or Canola Oil
1 tsp	Butter, unsalted
2 medium	Shallots, finely diced
2 cups	Arborio Rice
1 cup	Dry White Wine
½ tsp	Kosher Salt
4 ounces	Parmesan Cheese, freshly grated
2 tsp	Preserved Lemon (see separate recipe or use 2 tsp freshly grated lemon zest)
1 cup	Roasted Mushrooms (see separate recipe)

CHEF'S NOTES

Risotto is made using arborio rice, which is a short grain rice that becomes creamy when cooked, not a pasta shape (a common myth).

The act of continuously stirring the risotto is what activates the high amounts of starch naturally in the rice, resulting in a rich, creamy texture - no cream needed. It may seem tedious, but it can be a very relaxing task, made even better with a glass of wine to drink while you stir!

Any variety of dried mushroom will work. We recommend a wild blend of shiitake, porcini or morels.

Dry white wine varieties include Sauvignon Blanc, Pinot Grigio, and Chardonnay.

DIRECTIONS

1. Gather all necessary equipment and ingredients.
2. In a large sauce pot, over medium heat, bring the stock to a boil. Once boiling, add the dried mushrooms and turn the heat to low, allowing to simmer.
3. In a large sauce pot or Dutch oven, over medium-low heat, add the oil and butter. Once the butter is melted, add the shallots to the pan and cook until they are translucent, about 1-2 minutes, being sure that they do not brown.
4. Increase the heat of the pot to medium-high and add the arborio rice. Cook the rice until it begins to toast, stirring as needed, about 5 minutes.
5. Add the wine to the rice and stir consistently as the wine cooks off and the rice begins to let out some of its starch, about 5 minutes.

6. Using a large (8-ounce) ladle, add 8 ounces of the warm stock to the rice. Continue to stir consistently until the liquid is absorbed. Repeat this step until there is about 2 cups (16 ounces) of unused stock left. Taste the risotto and see if it is al dente (undercooked) or to the desired tenderness. If needed, continue adding stock and stirring.
7. Add the salt, cheese, lemon and mushroom to the pot of risotto. Cover the pot and allow the flavors to combine and the cheese to melt, about 5 minutes. Taste the risotto for doneness and seasoning, adjusting if needed. Serve immediately.

