

Mushroom Risotto

Servings: 4 - 6

Ingredients:

- 8 cups chicken broth, low sodium
- 3 Tbsp. olive oil, divided
- 1 onion, diced, divided
- 2 garlic cloves, minced, divided
- 1 pound fresh assorted mushrooms, sliced
- 2 bay leaves
- 2 Tbsp. fresh thyme, chopped
- 2 Tbsp. fresh Italian parsley, chopped
- 2 Tbsp. butter
- Salt and pepper
- 1-ounce dried porcini mushrooms, reconstituted in hot water
- 2 cups Arborio rice
- 1/2 cup dry white wine
- Fresh Italian parsley, for garnish

Directions:

1. Heat the chicken broth in a medium saucepan and keep warm over low heat.
2. Heat 1 Tablespoon of oil in a large skillet over medium heat. Add 1/2 onion and 1 clove garlic, cook, stirring, until translucent, about 5 minutes. Add the fresh mushrooms, herbs and butter. Sauté for 3 to 5 minutes until lightly browned, season with salt and pepper. Add the dried reconstituted porcini mushrooms. Season again with salt and fresh cracked pepper. Sauté 1 minute then remove from heat and set aside.

Coat a saucepan with remaining 2 Tablespoons of oil. Sauté the remaining 1/2 onion and garlic clove. Add the rice and stir quickly until it is well-coated and opaque, 1 minute. This step cooks the starchy coating and prevents the grains from sticking. Stir in wine and cook until it is nearly all evaporated.

Now, with a ladle, add 1 cup of the warm broth and cook, stirring, until the rice has absorbed the liquid. Add the remaining broth, 1 cup at a time. Continue to cook and stir, allowing the rice to absorb each addition of broth before adding more. The risotto should be slightly firm and creamy, not mushy. Transfer the mushrooms to the rice mixture. Top with chopped parsley before serving. Serve with Parmesan cheese for those who can tolerate it.