

MUSHROOM RISOTTO



Magazine
Apr. | May 10

Photos: Melanie Maps
Chef: Vasco Célio

SERVES: 4

INGREDIENTS

Mushroom mix: 1 clove of garlic • 1 handful of fresh thyme • Balsamic vinegar, to taste • 1 handful of fresh parsley
• 350g assorted fresh mushrooms (my favourites are boletus, chanterelle and shitake), finely cut (max 0.5 cm) •
Lemon juice, to taste

Rice: 1 medium onion, chopped • 60ml olive oil • 50 to 100g dried porcini mushrooms (or other aromatic dried mushrooms) • They should be hydrated for 10 minutes in boiling water and then for 5 minutes in lukewarm water
• Part of this lukewarm water can be added to the chicken stock • 400g Arborio rice (short-grain risotto rice) •
120ml white wine • +/- 900ml chicken stock, kept warm so there is no temperature shock when added to the risotto • 30g unsalted butter • 150g grated parmesan cheese

METHOD

Add 1 tbsp of olive oil to a large frying pan and place on the heat • When the oil is hot add the fresh mushrooms and the thyme leaves • Cook for a minute turning the mushrooms and add the garlic, a pinch of coarse salt, freshly ground pepper and cook for a few more minutes • Remove from the heat and add the Modena balsamic vinegar to taste, together with the chopped parsley and some drops of lemon juice • Keep for later in a warm place • Heat 60ml of olive oil in a large pan over a medium flame • Add the onion and cook until soft and transparent, but not golden, for about 8-10 minutes • Add the rice, mixing with the onion with wooden spoon until the grains become opaque (3-4 minutes) • Mix in the porcini mushrooms, breaking into pieces with your hands and add the wine • Leave to soak up the liquids, making sure it doesn't stick • Add a cup of hot stock mixing well until absorbed • Continue adding the stock, a ladle at a time, waiting each time until the liquid has been soaked up – this part it very important as it requires the full attention of the chef • When you see that there is only a little stock left, add the cooked mushrooms and mix well • Now add the final ladle of stock • Before the last of the stock has been absorbed, add the cheese and the butter and continue to stir with the wooden spoon, carefully so as not to create a rice mush • Serve immediately • Serve with a wild rocket salad, dressed with olive oil flavoured with white truffle, balsamic vinegar, Ria Formosa flor de sal and generous shards of parmesan cheese