



## Mushroom Risotto

**Risotto** is a traditional Italian dish made with a suitable variety of rice such as arborio, carnaroli or *vialone nano*. It is one of the most common ways of cooking rice in Italy. When risotto is cooked, the rice is first cooked briefly in butter or olive oil until evenly coated and the rice starts to turn translucent, before stock is added, one ladle at a time.

### Learning Objectives

In this activity you will

- demonstrate competence in cooking a rice based dish, using minimal pieces of equipment;
- prepare a range of vegetables, e.g. peeling, slicing, dicing;
- use the hob safely.

**Keywords:** stocks, absorption, gelatinisation.

### Ingredients

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

### Equipment

Chopping board, knife, garlic press, weighing scales, measuring spoons, frying pan, wooden spoon, kettle, measuring jug.

### Method

1. Prepare the vegetables:
  - peel and chop the onion;
  - slice the mushrooms;
  - peel and crush the garlic.
2. Fry the onion and garlic in the oil until softened.
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 – a little at a time. Wait for the stock to be absorbed, stirring constantly.
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 in the parmesan and thyme into the rice.

### Top tips

- Try using different ingredients, such as chicken, prawns or Mediterranean vegetables.
- Use different herbs and spices e.g. basil, parsley or chilli

### Skills

Using the hob	Bridge-hold	Claw-grip	Onion preparation	
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