

# Mushroom Risotto... Serves 4

## 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.

*Adapt the recipe using different vegetable eg tomatoes, pepper, butternut squash.  
Add some protein eg chicken, prawns or bacon*



## 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 until 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 remain a nutty bite.



8. Stir in the parmesan and thyme into the rice.



## **Safety Rules**

Tie back long hair, wear a clean apron, wash your hands

Use the bridge and claw grip when using knives

Clean as you go and clean up spillages immediately

Keep pan handles tucked in.

Attend your hob to make sure food does not burn

Cool and chill if not eating straight away.

**Extras: Find out about Bacillus Cereus in cooked rice!**