

Mushroom risotto



Lesson Objectives

- Revise knife skills
- Revise safe use of the hob
- Learn how to cook and store rice safely

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:

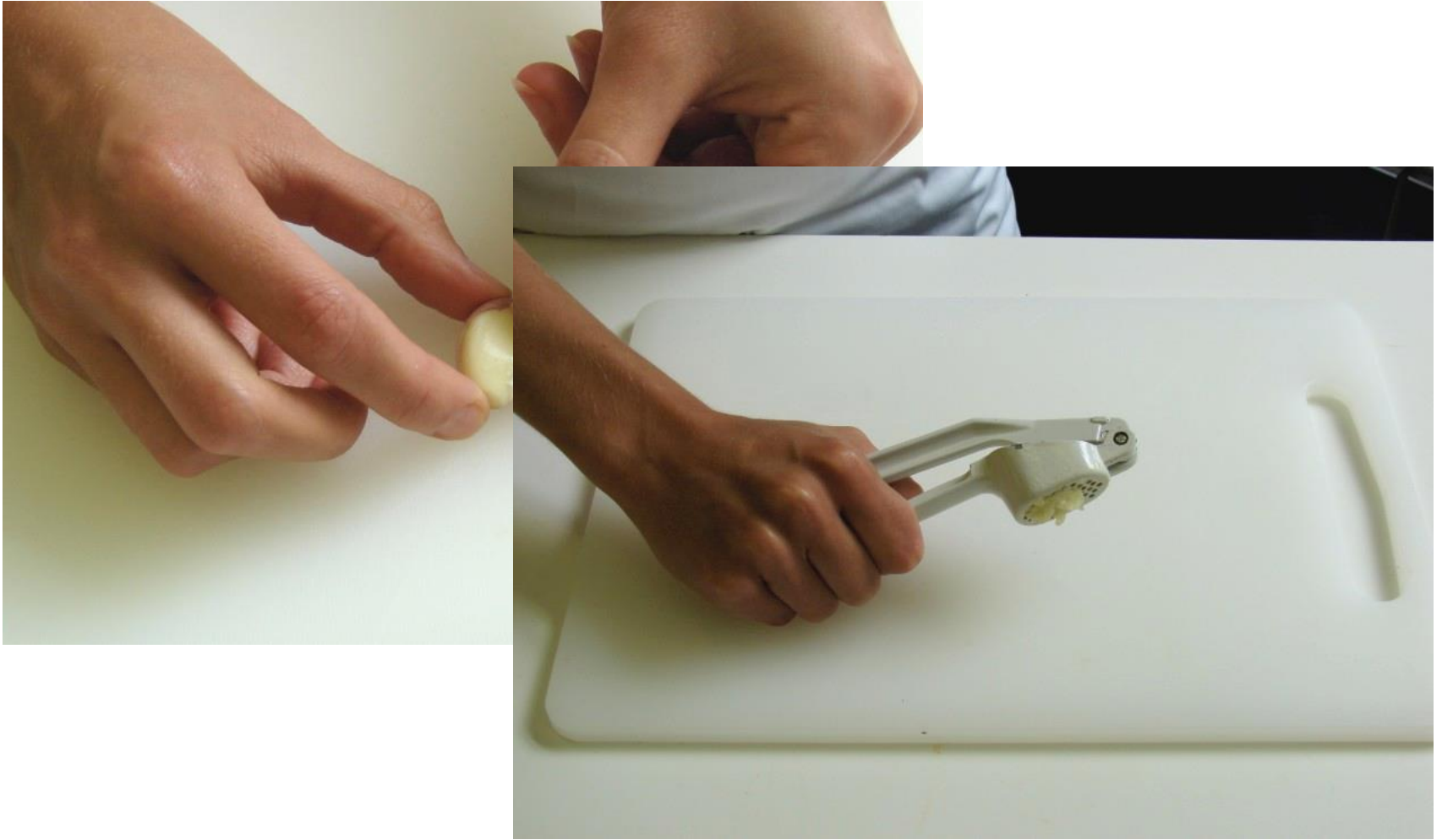
- peel and chop the onion;



- 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 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.





Top tips

Try using different ingredients, such as chicken, prawns or Mediterranean vegetables.

Use different herbs and spices e.g. basil, parsley or chilli.