

Wild Mushroom Barley Risotto



Makes:

6 servings

Utensil:

Saladmaster Food Processor

5 Qt./4.7 L Gourmet Wok with Cover

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³?⁴

cup

pearled barley, soaked in water for at least 2 hours

(150

g)

2

medium shallots, sliced, use Cone #4

2

garlic cloves, shredded, use Cone #1

1

teaspoon

dried rosemary

(5

mL)

1

teaspoon

dried thyme

(5

mL)

¹?⁴

cup

white wine

(60

mL)

4

cups
vegetable stock
(950
mL)
7
cups
cremini mushrooms, sliced, use Cone #4
(500
g)
3
cups
kale, torn into bite size pieces
(200
g)
salt and freshly ground pepper, to taste

Directions:

1. Preheat wok over medium heat. When several drops of water sprinkled on pan skitter and dissipate, add shallots and sauté until translucent, approximately 5 minutes.
2. Add garlic, herbs and barley and sauté an additional minute.
3. Add wine, 1 cup (240 mL) of vegetable stock, and salt and pepper. Let simmer, stirring occasionally, until the barley has absorbed most of the liquid.
4. Add 1 cup (240 mL) of vegetable stock and allow it to be absorbed. Repeat twice more with remaining vegetable stock.
5. Add mushrooms with final cup of vegetable stock and cook until tender.
6. Add kale and cook until wilted and bright green.
7. When barley is tender and most of the liquid is absorbed, spoon into bowls and serve.

Tips:

- As you add each additional cup of vegetable stock, turn the cooking temperature down slightly. When it is time to add the kale, your temperature will be between low and medium. Stir occasionally between each step.

Nutritional Information per Serving

Calories:

342

Total Fat:

3g

Saturated Fat:

1g

Cholesterol:

2mg

Sodium:

1148mg

Total Carbs:

67g

Dietary Fiber:

7g

Sugar:

2g

Protein:

13g