

Risotto with Mixed Mushrooms

My own recipe, a combination from several on the internet



- 1/2 cup shiitake mushrooms
- 1 tablespoon EVOO
- 1 medium shallot, minced
- 1/2 cup dry white wine, or vermouth
- 1 cup arborio rice
- 1 cup brown mushrooms, chopped
- 2 teaspoons mushroom concentrate, optional, or chicken soup base
- 3 1/2 cups low-sodium chicken broth
- 1 tablespoon sherry wine, or brandy
- 1/2 cup heavy cream
- Freshly ground black pepper

Parmigiano-Reggiano cheese grated on top

Per Serving (excluding unknown items): 255 Calories; 16g Fat (57.5% calories from fat); 7g Protein; 19g Carbohydrate; 1g Dietary Fiber; 34mg Cholesterol; 79mg Sodium; 3g Total Sugars; 1mcg Vitamin D; 38mg Calcium; 1mg Iron; 432mg Potassium; 157mg Phosphorus. Exchanges: .

Carolyn T's Blog: tastingspoons.com

Servings: 4

STOVETOP:

1. Wash and blot dry the shiitake mushrooms and soak them in warm/hot water for about an hour, until they're soft. Remove and discard the stems, then slice or dice them. Set aside.
2. In a large skillet add EVOO until pan is warm and shimmering, then add the minced shallot. Stir continuously while it cooks. Do not let it brown. Add the brown mushrooms and the shiitakes and cook for about 5 minutes. Then add the rice. Stir as it cooks for about a minute, then add the dry white wine. If you have any mushroom concentrate, add it and stir well to distribute. Stir while the wine is absorbed into the rice. Have ready the numerous cups of broth (heated on the stove nearby, or Pyrex measuring cup in microwave). Begin adding about 1/2 cup of broth at a time. At this point it doesn't have to be stirred continuously.
3. Continue adding 1/2 cup of broth as the previous addition is absorbed. These additions cannot be hurried. Do not add more broth until most of the previous addition has disappeared almost. Taste the rice to see if it is cooked through - this process should take about 20-25 minutes altogether. Toward the end it needs to be stirred continuously so it doesn't stick. The rice should be just barely firm to the tooth. Add sherry wine and heavy cream. Continue to heat through for less than a minute. Add black pepper to taste. Taste the risotto for thickness - if it's too thick add a bit more broth. It should be pour-able. Serve on heated plates and garnish with grated Parm. Eat immediately.

BREVILLE MULTI-COOKER:

1. Briefly wash dried shiitake mushrooms, then soak in warm/hot water for about an hour until they're soft. Remove and discard tough stems, then slice or dice the mushrooms and set aside.
2. Using Saute setting heat EVOO, then add shallots. Cook for about 5 minutes until shallots are limp but not browned. Add brown mushrooms and continue to saute until mushrooms have given off their liquid and the pan is nearly dry.
3. Add rice to the pan and stir until rice is coated with the oil and mushroom mixture. Add white wine and continue to stir as the wine cooks off.
4. Add nearly all the broth and mushroom concentrate or chicken soup paste, stir well.
5. Change cooker to Risotto setting, cover and allow to cook through. Toward the end make sure the pan isn't dry. If it gets too dry, add about 1/4 cup of water. Taste rice for perfect risotto texture (slightly firm to the tooth). Add sherry wine and heavy cream. Allow mixture to warm through. Taste for salt or pepper, and if it's too thick, add water to thin risotto. Serve immediately with freshly ground black pepper and freshly grated Parm on top.