



WILD MUSHROOM RISOTTO

QUICK INFORMATION

TIME



45 MIN

SERVES



6

CALORIES



640

VEGETARIAN



RECIPE

INGREDIENTS

2 0.5 oz packages dried wild mushrooms or 1/3 lb fresh wild mushrooms

8 tbsp butter

2 small shallots, minced

4 garlic cloves, minced

2 fresh thyme sprigs

1/2 tsp salt

1/2 tsp freshly ground pepper

3/4 cup dry white wine

1tbsp lemon juice

1 cup mushroom stock (made from rehydrating the dried mushrooms) or 1 cup vegetable stock 4-5 cups vegetable stock, divided (if using fresh mushrooms, omitting the mushroom stock, you will need 5 cups of vegetable stock total. If you are using the dried mushroom stock, you will only need 4 cups of vegetable stock total)

1 1/2 cups Lundberg Family Farm's Arborio Rice

1 cup heavy cream

1 cup freshly grated parmesan cheese

fresh parsley minced

NUTRITIONAL FACTS

Serving Size: 6

AMOUNT PER SERVING

Calories 640 Calories from Fat

Total Fat 42g
Saturated Fat 26g
Trans Fat 1.5g

Cholesterol 120mg

Sodium 990mg

Total Carbohydrate 43g
Dietary Fiber 2g
Total Sugars 5g

Protein 22g

PREPARATION

If using dried mushrooms: Place mushrooms in a bowl. Pour 1 cup boiling water and 1 cup vegetable stock over mushrooms. Let sit at room temp for 30 minutes until mushrooms are tender. Reserve liquid to be used in the

risotto.

Melt 4 tbsp butter in a heavy large skillet over medium-high heat. Add mushrooms and shallots and saute until tender. Add garlic, thyme sprigs, salt and pepper and stir for an additional minute. Remove mushroom mixture from pan and set aside.

Add remaining butter to pan over medium heat. Once melted, add rice and stir until rice begins to look translucent, 3-4 minutes.

Add $\frac{3}{4}$ cup dry white wine and lemon juice and bring to a simmer, stirring constantly until liquid is absorbed. Add mushroom stock or 1 cup of vegetable broth and stir until almost all broth is absorbed. Continuing adding broth 1 cup at a time, and stir until liquid is almost absorbed.

Add mushrooms mixture into the rice and stir to combine. Gently stir in heavy cream and parmesan cheese and cook for an additional 5 min on low heat. Risotto should be creamy, but firm to the bite. Transfer risotto to a serving bowl and top with freshly ground pepper, shaved parmesan and fresh parsley.

*Recipe courtesy of food bloggers, Natalie Mortimer & Holly Erickson of The Modern Proper