

PORCINI MUSHROOM AND BUTTERNUT SQUASH RISOTTO

Serves 4



- Risotto rice (Arborio) – 250g
- Dried porcini mushrooms – 25g
- Medium onion, finely chopped – 1
- Olive oil – 4 TBSP
- Garlic, finely chopped – 3 cloves
- Butternut squash, diced into tiny cubes – 250g
- Chestnut mushrooms, sliced– 250g
- Tamari, or soya sauce – 2 TBSP
(If no tamari try freshly chopped parsley)
- White wine – 150ml
- Vegetable bouillon powder – 1 tsp
- Boiling water – 700ml
- Salt and freshly ground black pepper
- Fresh herbs, chopped – 2 TBSP

1. Soak the porcine mushrooms in 150ml of boiling water for 20 min.

2. When they are rehydrated, strain them through a fine sieve, retaining the flavoursome juice for adding to the stock.

3. Give the porcini a quick rinse, pick out any hard bits and chop roughly.

4. In a large heavy-bottomed saucepan, or wok, gently fry the onion in 2 TBSP of olive oil until soft.

Add the garlic and butternut squash and stir-fry for a couple of minutes.

In another saucepan heat the remaining olive oil, add the chestnut mushrooms and stir-fry until they begin to exude juices.

Add the reconstituted porcini mushrooms, the tamari and lots of black pepper.

Stir-fry quickly and set aside.

5. Mix up the stock in a jug with the wine, vegetables bouillon powder, porcini juice and boiling water (450 -500ml).

6. Return to the onions and heat them up over a gentle heat. Add the rice and stir well to coat the rice grains. Then add enough stock to cover the rice.

7. On a gentle simmer, stir in the rest of the stock, a little at a time, until all the liquid has been absorbed. Keep the lid on as much as possible. This will take about 15 minutes.

8. At the last addition of stock, reheat the mushrooms and add them to the risotto.

The consistency of the risotto should be creamy, not stodgy; the grains of rice should be separate and have a bite to them.

Season to taste and add the fresh herbs.

To serve

Serve at once with vegetarian or vegan Parmesan and a green salad.

Risotto needs to be eaten as soon as it's cooked.

If you leave it to stand it becomes stodgy.