

SHIITAKE MUSHROOM BARLEY RISOTTO

This risotto is absolutely delicious with its shiitake mushroom flavor!

Corporate Chef Kurt Kwiatkowski

Featured Food: Mushrooms

Yield: Serves 5-6

Ingredients

4 c. chicken stock	2 T. fresh thyme, chopped
1 t. sesame oil	2 T. butter
1 T. soy sauce	½ c. onion, diced
1 T. extra virgin olive oil	¼ c. carrots, diced
½ lb. button mushrooms, sliced	¼ c. celery, diced
¾ lb. shiitake mushrooms (stems removed), sliced	1 c. pearl barley
2 T. white wine	Salt and Pepper to taste
1 T. roasted garlic	2 T. green onions, bias sliced
1 T. fresh parsley, chopped	

Preparation

Bring chicken stock, sesame oil and soy sauce to boil in heavy medium saucepan. Remove from heat, cover and set aside.

Heat olive oil in a nonstick sauté pan over med-high heat and then add mushrooms; sauté about 3 minutes. Deglaze pan with white wine and then stir in roasted garlic.

Reduce heat to med-low; cover and cook until mushrooms are tender, stirring occasionally, about 3-5 minutes. Mix in parsley and 1 tablespoon of the thyme and reserve, keeping warm. Melt butter in large nonstick sauté pan or sauce pan over med heat. Add onion, carrot and celery and sauté about 5 minutes. Add barley and 1 cup warm chicken stock; bring mixture to boil. Reduce heat and simmer until most of the stock is absorbed, stirring frequently, about 5-7 minutes.

Add remaining stock 1/2 cup at a time, allowing stock to be absorbed before adding more and stirring frequently until barley is tender. After almost all of the liquid is absorbed, stir in the remainder of the fresh thyme. Mix reserved sautéed mushroom mixture in with the barley risotto and then season with salt and pepper as needed. Serve immediately using the sliced green onions as a garnish.