

Oyster Mushroom Risotto

Serves 2

- 1 tbsp. olive oil
- 1/2 large onion, finely diced
- 1 celery stick, finely diced
- 2 large garlic cloves, grated and chopped
- 1 cup risotto rice
- 1 glass white wine (175ml)
- 180g oyster mushrooms, sliced
- Extra whole oyster mushrooms for girdling, approx 5 per person
- 1 pint chicken or vegetable stock, hot
- 1 tsp. sea salt
- 1 tsp. black pepper
- 50g butter, diced
- 30g grated parmesan cheese

Method

- Heat the oil and sauté the onions and celery until soft but not coloured.
- Add the garlic, stir well, then add the rice.
- Cook the rice until it is almost translucent then pour in the wine.
- Once the wine is nearly evaporated, add the mushrooms and start adding the stock. I poured mine quarterly, keep the heat low and let the rice absorb the liquid, stirring as you go so it does not stick.
- Season with the salt and pepper.
- Repeat the process with the stock until all of the stock is used, the rice should still have a slight bite.
- Turn off the heat, place the butter and the parmesan over the rice, do not stir, place a lid on and leave for 5 minutes.
- During this 5 minutes I quickly griddled more whole oyster mushrooms, I tossed them in olive oil and seasoned them, then placed over a hot griddle pan and cooked until they had lovely charred griddle lines.
- Remove the lid from the rice and mix well.
- Serve with the whole griddled mushrooms and a drizzle of extra virgin olive oil.
- Note: To make Vegan, swap the butter for Vegan butter and the parmesan can be swapped for nutritional yeast as it gives a cheese like flavour.