

Mushroom, leek & parmesan risotto



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Preparation: about 20 mins **Cooking:** about 30 mins **Serves:** 4

Ingredients:

- 300g small Swiss Brown or button mushrooms, sliced
- 4 cups chicken stock
- 2 tbs olive oil
- 2 leeks, trimmed, halved lengthways and finely sliced
- 2 garlic cloves, crushed
- 2 cups Arborio* rice
- 1/2 cup dry white wine
- 1/2 cup thinly grated parmesan cheese
- ground black pepper

**Arborio rice is a short-grain rice used for risotto.*

Method:

1. Combine mushrooms and stock in a medium saucepan. Bring to the boil over medium heat. Reduce heat to low and simmer for 10 minutes. Using a slotted spoon, transfer mushrooms to a plate. Reheat stock over medium heat until just boiling.
2. Meanwhile, heat oil in a large saucepan over medium heat. Add leeks and garlic and cook, stirring often, for 5 minutes or until leeks are tender. Add rice and cook, stirring constantly, for 1–2 minutes or until rice starts to become transparent. Add wine and cook until wine has almost evaporated.
4. Gradually add small ladlefuls of the boiling stock to the rice, stirring constantly (this takes about 15 minutes). Stir in mushrooms with the last ladleful of stock. Stir to combine (at this point rice should be just tender). Remove from heat, stir in parmesan and season with pepper to taste. Serve immediately with extra grated parmesan cheese if desired.

Mushrooms:

- Supply worthwhile quantities of six of the eight B complex vitamins, including thiamin (B1), riboflavin (B2), niacin (B3), folate, pantothenic acid (B5) and biotin. These vitamins play many roles and are vital in the reactions within the body that produce energy from proteins, fats and carbohydrates.
- Great flavour for virtually no fat and very few kilojoules (less than 100 kJ/100g).