

# Mushroom Risotto

*Sides*

**Servings:** Serves – 6 **Source:** [themediterraneandish.com](http://themediterraneandish.com)

## INGREDIENTS

- 6 cups low sodium chicken stock, store bought or homemade
- 3 tablespoons extra virgin olive oil
- 1 small yellow onion, diced
- 1 pound cremini mushrooms, sliced
- 4 small fresh thyme sprigs (or ½ teaspoon dried thyme)
- 1 teaspoon chopped fresh rosemary
- Freshly ground black pepper
- 1 teaspoon salt
- 5 garlic cloves, minced
- 1 ½ teaspoons balsamic vinegar
- 1 ½ cups arborio or carnaroli rice
- ½ to ¾ cup shredded parmesan cheese
- Minced fresh parsley, for garnish (optional)

## DIRECTIONS

**Warm the stock:** Set a small pan over medium low heat and add the stock. Let it warm while you prepare the other ingredients. You don't want it to boil. Just keep it warm—just below a simmer is perfect.

**Saute the mushrooms:** Set a large skillet over medium high heat. Add 2 tablespoons of olive oil to the skillet. Once the oil begins to shimmer add the diced onion and sauté, stirring frequently with a wooden spoon until the onions begin to soften, about 2 minutes. Add the sliced mushrooms, thyme, rosemary, freshly ground pepper to taste and ½ teaspoon of the salt. Stir to coat and let cook for about 8 minutes, stirring occasionally. The mushroom should take on color. Add the garlic, and balsamic vinegar. Stir, and cook for an additional minute. The mushrooms will shrink, soften and darken in color. Transfer to a plate.

**Make the risotto:** Return the skillet to the stove and set over medium

heat. Add 1 tablespoon of olive oil. Once it shimmers add the rice and stir for about 30 seconds to 1 minute. Ladle about  $\frac{3}{4}$  cup of warm stock into the pan with the rice and stir. Reduce the heat to medium. Let all of the liquid absorb and plump the rice before adding more stock. Add  $\frac{1}{2}$  teaspoon of salt along with an additional  $\frac{3}{4}$  cup of stock. Stir regularly while the stock absorbs. Keep adding stock a little at a time, stirring continuously until all of the stock has been used up, the rice is creamy and al dente, this process will take about 25 minutes. When ready it's finished the stock should be mostly absorbed, but still look wet, and creamy. You don't want risotto to look like wet clumpy rice.

Finish and serve: Remove from heat. Stir in the parmesan cheese. Fold the mushrooms into the risotto (save a few mushrooms to garnish individual servings if you're feeling fancy). Remove the thyme stems. Taste and adjust salt and pepper to your liking. Divide into 4 warmed bowls, top with more fresh herbs and a drizzle of balsamic vinegar if you want to and serve!