



MUSHROOM & SAGE RISOTTO

½ cup very finely chopped shallots
(substitute with plain onion if need be)

1 fat clove garlic, minced

1 Tbs extra virgin olive oil

1 Tbs salted butter

1 cup Arborio rice

two thirds of a cup of Chardonnay

(or any other dry white wine)

250g portabellini mushrooms, cleaned and sliced

2 cups Chicken Broth

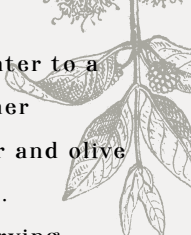

6 cups boiling water

½ cup grated aged Parmesan

2 Tbs salted butter

8 sage leaves

black pepper extra Parmesan, for serving



Add 2 cups of broth and 6 cups of hot water to a
saucepan and bring it to a low simmer

Fry the shallots over low heat in the butter and olive
oil until soft - about five minutes.

Add the garlic for the last minute of frying.

Add the uncooked rice to the same pan and stir-
fry for 60 seconds.

Then add the wine to the pan and cook for
a minute or two.

Add the mushrooms next.

Now you can start adding the broth. It gets only half a
cup at a time, and you need to keep
on stirring while it cooks.

You cannot walk away from a risotto!

So pour yourself a glass of wine, put on some music
and stir away.

As soon as the stock you added starts to disappear, add
the next half a cup. Stir, stir, stir!

As the rice cooks, it will release its starch, turning the
risotto marvellously creamy

Next stir in half a cup of Parmesan.

Now it's time to taste and adjust your salt if need be.

Also give it a grinding of black pepper.

