



MUSHROOM, BACON AND BARLEY RISOTTO

Preparation Time

30 minutes

Cooking Time

45 minutes

Serves

6

Ingredients:

500g pearl barley
2L chicken stock
250g bacon or salami or
pancetta, chopped
100g butter
2 large onions, finely diced
6 cloves garlic, crushed
Thyme sprigs
1kg Swiss brown or button
mushrooms, sliced
Salt and pepper
200ml verjuice or white wine
Parmesan cheese

Nutritional tip:

Mushrooms are low in calories
and fat and cholesterol-free.

**SPREAD THIS
RECIPE AROUND!**

Preparation:

Bring 2 litres of water to the boil, add barley and simmer for 15 minutes. Drain well.

Bring chicken stock to boil, reduce heat and keep warm on low heat.

Heat large pan, add bacon, salami or pancetta and fry for 5 minutes or until bacon starts to get crispy. Add butter, onions and garlic and fry until softened.

Add thyme sprigs and mushrooms, season and cook until mushrooms have softened.

Add barley and verjuice and cook until verjuice has almost evaporated.

Add a few ladles of hot stock and keep adding as stock is absorbed, stirring well as you go.

Cook risotto until barley is tender but still a little chewy and most of the liquid is absorbed.

When risotto is cooked remove from heat, stir in grated cheese and extra butter. Adjust seasoning to taste with salt and pepper.