

Mushroom Risotto

It's time for a great risotto! The combined umami of browned mushrooms, fresh basil and caramelized onions come together in this traditional Italian offering. An additional accent of toasted smoky tempeh finishes the flavor profile.

Serve with a green salad and you've got something to celebrate. Risottos take a little more time, but they're worth it!

Preparation Time: 45 minutes - Servings: 2 (plus leftovers)

Organize Your Ingredients!

Notes on Organizing

I like to organize ingredients on small plates or in bowls so they are easy to add (and more fun to cook!). You'll find prep items in all three boxes tonight. As part of prep, bake the smoky tempeh 5 minutes per side in a 400° oven.

Mushroom Risotto

3 pieces smoky tempeh (baked and chopped)
1 tsp. extra-virgin olive oil
9 oz. cremini mushroom (diced)
3 cloves garlic (smashed and chopped)
3/4 C. chopped sweet onion
1/2 C. white wine
1/2 C. low-sodium vegetable broth

1 tsp. extra-virgin olive oil
1 C. Arborio rice
3 C. low-sodium vegetable broth
2 dashes Tabasco

1/3 C. fresh basil (chopped)
2 T. shredded Parmesan

Salad and Dressing

Fixings for a green salad.

Il Semplice Dressing:

3 T. extra-virgin olive oil
1/2 tsp. prepared mustard
2 T. rice wine vinegar
3 T. low-sodium vegetable broth
pinch of salt

Garnish

2 tsp. shredded Parmesan cheese
1 Roma tomato (chopped)
1 apple (cored and sliced)

Let's Prepare, Cook, and Plate This!

Basic Assembly Instructions

This recipe assembly requires a little zen time as you keep stirring the liquid into the rice until it is absorbed. Allow 15-20 minutes of adding liquid and stirring until liquid is absorbed and rice is cooked to desired tenderness.

Mushroom Risotto

1. Brown mushrooms in oil in a medium-sized sauté pan.
2. Add chopped garlic and onion and toss until onion begins to brown.
3. Add wine and broth. Sauté until liquid is gone. Let it cook down slightly. Add a splash more broth and bring up brownings. Remove from heat and set aside.
4. Place olive oil in deep saucepan. Add the Arborio rice and toss over medium-high heat for about a minute.
5. You'll now begin adding the broth. Add the first cup and stir slowly until broth is mostly absorbed.
6. Stir Tabasco into remaining 2 cups broth and add to rice mixture a little at a time. Continue stirring slowly until rice absorbs liquid after each addition.
7. As soon as you add the last of the broth to the rice, add mushroom mixture, chopped basil, Parmesan cheese and chopped tempeh to the risotto. Continue stirring until rice is al dente, or at the desired texture, and the last of the broth is absorbed. Adjust burner to lowest setting and cover.

Salad and Dressing

Make 2 side salads on individual plates.

Il Simplicio Dressing:

Place all ingredients in a small jar with a tight fitting lid and shake well.

Plate the Meal

Serve about 1-1/2 C. risotto per diner. Garnish each serving with 1 tsp. Parmesan and chopped tomato. Fan apples along edge of plate.

What I've Learned from this Recipe

When cooking risotto there are individual preferences. Some folks insist that the risotto must be served when it's still creamy and the rice is slightly al dente. I like it a bit less creamy with rice that is soft in the mouth. The glutamates in chopped tomato help bring out the flavors.

Let us know what you think, and ask any questions you may have! chezdon@plate6.com