

Quick Cooking Barley Risotto with Mushrooms

with The Jungle Farm Barley + Onion



INGREDIENTS

4-5 tbsp of butter
2 tbsp oil
1 large onion, finely sliced
3 clove garlic, finely chopped
1 cup fresh mushrooms, sliced
1 1/2 cups quick cooking barley
1/2 cup dry white wine
3 1/2 cups vegetable stock
1 lemon zest
1/3 heavy cream
1/3 cup freshly grated asiago cheese
2 tsp Thyme
salt and pepper to taste

DIRECTIONS

- Place 1 1/2 cup of barley and 2 cups of hot stock into a large frying pan, cover and simmer for 10 minutes.
- Melt butter with the oil in a large saucepan over medium heat. Add the onion and garlic, until the onion is transparent 3 - 4 minutes. Add the mushrooms until they begin to soften 3 - 4 minutes and add salt.
- Continue to simmer the barley, then add wine, stir and cover the frying pan. When the wine is absorbed, add thyme and the onion garlic and mushroom blend and stir.
- Add 1/2 of remaining stock and lemon zest continue to simmer.
- As the stock is absorbed, add the remaining stock and cream. Bring to a rapid boil for 2 minutes, reduce heat and stir in the cheese. Add in the parsley as a garnish.