



Wild Mushroom Risotto

READY IN

ready

60 min.

SERVINGS

servings

6

CALORIES

calories

568 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 quarts chicken stock see
- ☐ 6 servings coarse salt and pepper black freshly ground
- ☐ 6 servings coarse salt and pepper white freshly ground to taste
- ☐ 8 ounces crimini mushrooms sliced
- ☐ 0.5 cup cooking wine dry white
- ☐ 1 teaspoon thyme leaves fresh chopped
- ☐ 2 cloves garlic minced peeled
- ☐ 1 ounce mushrooms dried black such as morels, porcini, or trumpets, or an assortment

- ☐ 1 pound mushrooms wild black such as chanterelle, hedgehog, pleurote, and trumpet, cleaned and sliced assorted
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 0.3 cup parmesan cheese freshly grated to taste
- ☐ 1 pound rice
- ☐ 2 shallots minced peeled
- ☐ 5 tablespoons butter unsalted

Equipment

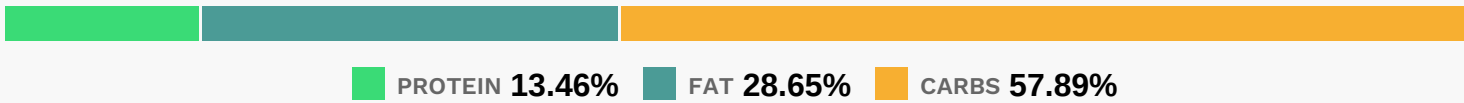
- ☐ frying pan
- ☐ ladle
- ☐ pot
- ☐ sieve
- ☐ wooden spoon

Directions

- ☐ To make mushroom broth: In a stockpot, combine the stock, crimini mushrooms, and dried mushrooms. Bring to a boil over high heat, reduce the heat, and simmer, covered, for about 30 minutes, until the flavors have infused. Strain through a fine-mesh sieve, pressing on the solids to extract as much flavor as possible. Discard the solids. Return the strained stock to the pot, cover, season with salt and pepper, and keep at a simmer over low heat.
- ☐ To make risotto: In a large saute pan, heat 1 tablespoon of the butter over high heat.
- ☐ Add the mushrooms and season with salt and pepper. Cook, stirring occasionally, for 1 to 2 minutes, or until the mushrooms have softened. Set aside.
- ☐ In a large stockpot, heat 2 more tablespoons of the butter and the olive oil over medium-high heat until the butter melts.
- ☐ Saute the shallots for 1 to 2 minutes, until softened.
- ☐ Add the garlic and cook for about 2 minutes longer.
- ☐ Add the rice and cook, stirring with a wooden spoon, for 7 to 10 minutes, until it turns milky white and opaque, and begins to stick to the bottom of the pan.
- ☐ Add the thyme and continue stirring.

- ☐
- Add the wine and stir for about 2 minutes, until nearly absorbed. Ladle about 1 cup of the simmering stock into the rice. Cook for about 2 minutes, stirring often, until the stock is almost completely absorbed.
- ☐
- Add more stock, a cup at a time, stirring gently, until the broth is absorbed by the rice before adding the next cup. After about 15 minutes, begin tasting the rice. At this point, add the stock judiciously. The rice should be firm, yet cooked through in 18 to 20 minutes total cooking time.
- ☐
- Stir in the sauteed mushrooms, the Parmesan, and the remaining 2 tablespoons of butter. Season with salt and pepper, and serve.

Nutrition Facts



Properties

Glycemic Index:46.2, Glycemic Load:37.5, Inflammation Score:-7, Nutrition Score:20.884348029676%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 567.7kcal (28.39%), Fat: 17.62g (27.11%), Saturated Fat: 8.17g (51.08%), Carbohydrates: 80.11g (26.7%), Net Carbohydrates: 77.22g (28.08%), Sugar: 8.18g (9.09%), Cholesterol: 38.17mg (12.72%), Sodium: 537.73mg (23.38%), Alcohol: 2.06g (100%), Alcohol %: 0.47% (100%), Protein: 18.62g (37.24%), Manganese: 1.09mg (54.34%), Selenium: 37.56µg (53.65%), Vitamin B3: 10.59mg (52.97%), Vitamin B2: 0.84mg (49.51%), Copper: 0.82mg (40.86%), Phosphorus: 329.93mg (32.99%), Vitamin B5: 2.6mg (26.04%), Potassium: 904.28mg (25.84%), Vitamin B6: 0.5mg (24.99%), Vitamin B1: 0.27mg (18.31%), Zinc: 2.39mg (15.93%), Iron: 2.38mg (13.22%), Magnesium: 50.34mg (12.59%), Folate: 48.96µg (12.24%), Fiber: 2.9g (11.59%), Calcium: 93.29mg (9.33%), Vitamin A: 353.86IU (7.08%), Vitamin E: 0.82mg (5.48%), Vitamin C: 4.25mg (5.15%), Vitamin K: 3.33µg (3.17%), Vitamin D: 0.39µg (2.63%), Vitamin B12: 0.15µg (2.43%)