

Herby Mushroom Pearl Barley Risotto.

Servings: 3 portions.



Ingredients

- Pearl Barley x200g.
- Onion x1.
- Carrot x1.
- Celery x1 stick.
- Garlic x 5 Cloves.
- Chestnut
Mushrooms x 250g.
- Half a Yellow
Pepper.
- Thyme, Sage and
Tarragon.
- Dijon Mustard x
2tsp.
- Stock.
- Parmesan.
- Hazelnuts

Method

- Chop the mushrooms into quarters and fry on a high heat to get good colour on them. Then remove from the pan.
- Finely dice the onion, carrot, celery, garlic and yellow pepper, and gently sweat off in extra-virgin olive oil until soft.
- Bring a pan of stock to the boil and have it ready to ladle across.
- Add the barley and toast for a minute.
- Add the fried mushrooms back in to the pan along with the mustard and herbs.
- Ladle enough stock to cover the barley and simmer the risotto until cooked, topping up with more stock when needed. Don't let the risotto run dry!
- Once cooked grate in plenty of parmesan.
- Plate up and top with crispy roasted mushrooms and chopped hazelnuts if you want a nice little garnish to finish it off.