

ROASTED MUSHROOM QUINOA RISSOTO

INGREDIENTS

- 2 C** Mushrooms (assorted - shiitake, crimini, oyster) (chopped)
- 1 T** Olive oil
- 2 C** Vegetable broth
- 3 T** Butter (unsalted) **OR** margarine (unsalted)
- 1 T** Shallots (chopped)
- 3 cloves** Garlic (minced)
- 1 C** Quinoa (rinsed) (dried)
- 1/4 C** Wine (dry white)
- 1/4 C** Parmesan cheese (grated)
- 1/4 C** Heavy cream
- Salt & pepper



DIRECTIONS

- 1 Pre-heat oven to 400 F
- 2 Place mushrooms on a baking sheet & drizzle with olive oil, toss to coat
- 3 Roast in the oven until the mushrooms have turned dark & are cooked through (10-15 minutes)
- 4 Place the vegetable broth in a saucepan & bring to a mild simmer, keeping to warm, but not boiling
- 5 In a separate pot, toast the dry quinoa, stirring constantly, until you can smell a nutty aroma (about 3 minutes)
- 6 Remove quinoa from the pot, then add the butter/margarine & melt it over medium heat
- 7 Add the shallots & cook until opaque, but don't allow it to brown
- 8 Add the garlic & cook until you can smell it (about 20 seconds)
- 9 Stir in the quinoa, cooking until it is completely coated with butter/margarine
- 10 Don't allow it to brown (about 2 minutes)
- 11 Add the wine & cook until the pan begins to dry, stirring frequently (about 4 minutes)
- 12 Add a ladle full (about 2/3 cups) of broth into the quinoa
- 13 Stir frequently until the broth is almost dry & then add another ladle full & repeat
- 14 This process should take about 15-20 minutes
- 15 Don't leave the risotto while it's cooking, the quinoa on the bottom of the pan burns easily
- 16 If you run out of broth, just use hot water the same way you would the broth
- 17 The quinoa version will require less broth & cook a bit quicker than a regular risotto
- 18 Once your risotto is cooked through, taste it to make sure the quinoa is cooked
- 19 Then turn heat to low & add the cheese, cream, salt & pepper to taste
- 20 Risotto should be soft & wet, not dry like typical quinoa
- 21 It should be firm to serve as a side dish but soft enough to jiggle when the plate is shaken
- 22 Stir in the mushrooms just before serving