

Wine & Dine with Jeff

Mushroom Truffle Butter Risotto

Mushroom Truffle Butter Risotto Pairing
with King Estate Pinot Gris 2018



INGREDIENTS

- 16 Oz of Mixed Mushrooms I used Shiitake, Baby Bella, and Japanese Beach mushroom called Shimeji

- ❖ 4 Tablespoons of Olive Oil Split (See below)
- ❖ 1 Tablespoon of Butter for Mushrooms
- ❖ 1 Tablespoon plus 1 teaspoon of fresh Thyme Split (see below)
- ❖ 2 Cups of Arborio Rice
- ❖ 1 Large Shallot Diced 1/2 cup
- ❖ 4 Cloves of Garlic minced
- ❖ 1/2 Cup of dry white wine like Pinot Gris
- ❖ 3 Oz of Truffle butter you can use black or white
- ❖ 1/2 cup of Parmesan Reggiano Cheese grated
- ❖ 9 Cups of Stock / 72 Oz I Made my Own Mushroom stock (can use chicken or mushroom stock)
- ❖ 2 oz/ 56 grams of dried assortment of mushrooms with 9 cups of water to make homemade mushroom stock
- ❖ Salt and Pepper to taste

DIRECTIONS

1. Risotto is a northern Italian rice dish cooked with broth until it reaches a creamy consistency. The broth can be derived from meat, fish, or vegetables. Many types of risotto contain butter, onion, white wine, and parmesan cheese. The Italian Arborio rice gives off lots of glutinous starch as they cook, resulting in the creamy, thick, saucy consistency that's the trademark of risotto, but they also remain slightly “toothy” in the center when cooked,

making for an interesting textural contrast with the sauce. Start with Sautéing the mushrooms. In a sauté pan add 2 tablespoons of olive oil and turn the burner to a medium high heat. When you see the olive oil start to shimmer add the mushrooms first with the shiitake and baby Bella's stir in the hot oil and lay the delicate Beach mushrooms on top. Don't salt the mushrooms until the end because it will draw out the moisture and you want them to brown not steam. It will take around 7 minutes to brown the mushrooms . Then add 1 tablespoon of butter and 1 teaspoons of fresh thyme with salt and pepper stir to combine remove from the pan and set aside.

2. Making your own mushroom stock is very easy. Pour 9 cups of hot water in a pot, then add the dried mushrooms and stir. Turn the burner on medium high heat until you see the stock simmer then turn it all the way down to low. The stock should not be boiling just very hot and a few bubble are ok. Salt and pepper the mushroom stock don't forget to taste this is the stock that will be flavoring with Arborio rice. I have made this with chicken stock and a combination of both chicken and mushroom stock either works. It all depends if you want a vegetarian meal or not. The step of keeping the stock hot is very important, don't ever pour cold stock onto the Arborio rice while you are trying to cook the rice because the rice will not cook properly.

3. In the same sauté pan that you used to brown the mushrooms

add the other 2 tablespoons of olive oil. Turn the burner on a medium heat and when the oil starts to shimmer add the shallots and cook for 2 minutes just until they turn translucent. Then add the minced garlic stir in the pan for 1 minute then add the Arborio rice. You want to spend the next 2-3 minutes toasting the Arborio rice in the hot oil. This will add a lovely nutty flavor, so you don't want to skip this step. After you toasted the rice add the white wine to deglaze the pan it should cook out in 1 minute.

4. It is time to start adding the hot stock to the rice. You want to add 1 ladle at a time to the rice just until it comes to the top of the rice. We are not boiling the rice. After you added some of the hot stock you want to stir the rice. The stirring of the rice will release the starches of the rice and turn the risotto creamy without adding cream. This process takes from 22 to 24 minutes. When the stock starts to evaporate from the sauté pan add a little more stock and keep up with this process until the rice is al dente with a slight chew to it. You might have 1 cup of stock left that is ok you might need it. If you are using the dried mushroom stock sample the rehydrated mushrooms before adding them to the risotto. I like adding the fresh mushrooms in the risotto and keeping the dried in the stock for just the flavor.

5. After the risotto is at the perfect consistency turn off the burner and add the truffle butter, parmesan and 1 tablespoon of fresh thyme. Stir all the ingredients together. I like to set the truffle butter

out on the counter before I start cooking for the butter to soften. Stir in half of the mushrooms we browned and set aside. I keep half or just as many as you would like to garnish the top of the risotto. If the risotto is too thick you can add a little more of the hot mushroom stock to thin it out. Serve and eat immediately. Risotto does thicken as it sits and the presentation is not as pleasing