



UCOOK

French Flair Barley Risotto

with mushroom & walnut duxelles and sultana sage butter

A delightful twist on a UCOOK fan favorite dish! Beautifully charred roasted leeks enrobed in a duxelles of mushrooms, crispy walnuts and fresh parsley, all sit atop a creamy cheesy barley risotto. Finished off with a sultana & sage-infused butter sauce, you'll feel like a professional chef in your own kitchen!

Hands-On Time: 30 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Thea Richter

 Veggie

 Robertson Winery | Sauvignon Blanc

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Ingredients & Prep

200g	Leeks <i>trimmed at the base & halved lengthwise</i>
25g	Walnuts
125g	Button Mushrooms <i>wiped clean & very finely chopped</i>
1	Garlic Clove <i>peeled & grated</i>
4g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>
7,5ml	Vegetable Stock
1	Celery Stick <i>rinsed & finely sliced</i>
100ml	Pearled Barley
30ml	White Wine
50g	Italian-style Hard Cheese <i>grated</i>
5g	Fresh Sage <i>rinsed, picked & dried</i>
15g	Sultanas

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Salt & Pepper
Paper Towel
Butter

1. LEEKS ON FLEEK Preheat the oven to 200°C. Boil the kettle. Rinse the halved leeks and cut into 2-3cm pieces. Place on a roasting tray cut-side up. Coat in oil and season. Roast in the hot oven for 15-20 minutes until softened and charred. Place a pot over a medium heat. Once hot, toast the walnuts for 3-5 minutes until golden, shifting occasionally. Remove from the pot on completion, finely chop and set aside.

2. MUSHIE MADNESS Return the pot to a high heat with a drizzle of oil and a knob of butter. When hot, fry the chopped mushrooms for 3-5 minutes until soft and golden. In the last minute, add in ½ the grated garlic and fry for 1 minute until fragrant, shifting constantly. On completion, remove and place in a bowl. Mix ¾ of the chopped walnuts and ½ the chopped parsley through the mushrooms.

3. BEAUTIFUL BARLEY Dilute the stock with 450ml of boiling water. Return the pot to a medium heat with a drizzle of oil. When hot, sauté the sliced celery for 2-4 minutes until soft. Stir in the remaining grated garlic and the barley. Fry for 1 minute until fragrant, shifting constantly. Add the wine and simmer until evaporated. Add a ladleful of stock and allow it to be absorbed, stirring regularly. Only add the next ladle of stock when the previous one has been fully absorbed. Repeat this process for 15-20 minutes until the barley is al dente. On completion, remove from the heat and stir through ½ the grated cheese and a knob of butter. Cover to keep warm.

4. ASSEMBLE When the leeks are done, top with the mushroom mixture, and the remaining grated cheese. Turn the oven to its highest temperature or the grill setting. Pop the tray back in the oven and grill for 3-5 minutes until the cheese is melted.

5. SAUCY SAGE Place a pan over a medium-high heat with 40g of butter. Once foaming, add in the picked sage leaves. Fry for 1-2 minutes until crispy. On completion, remove the sage from the pan and drain on a paper towel. Add the sultanas to the sage-infused butter and return to the heat. Cook for 1 minute until plumped. Remove from the heat.

6. LET'S EAT! Generously pile up the barley risotto. Lay over the loaded leeks and a drizzle of the sage-infused sultana butter. Sprinkle over the remaining walnuts, chopped parsley and sage leaves. Wow!



Chef's Tip

Duxelles is a combo of finely chopped mushrooms, garlic and herbs, sautéed in butter to make a stuffing or sauce.

Nutritional Information

Per 100g

Energy	632kJ
Energy	151Kcal
Protein	6.1g
Carbs	19g
of which sugars	3.9g
Fibre	3.9g
Fat	5.6g
of which saturated	1.5g
Sodium	205mg

Allergens

Egg, Gluten, Dairy, Allium, Wheat, Sulphites, Tree Nuts, Alcohol

Cook
within 3
Days