



UCCOOK

Delheim's Majestic Mushroom Risotto

with crispy onion bits & Italian-style cheese

Hands-on Time: 45 minutes

Overall Time: 60 minutes

Veggie: Serves 3 & 4

Chef: Delheim Winery

Wine Pairing: Delheim Wines | Delheim Chenin Blanc (Wild Ferment)

Nutritional Info	Per 100g	Per Portion
Energy	661kJ	3380kJ
Energy	158kcal	808kcal
Protein	3.6g	18.4g
Carbs	19g	100g
of which sugars	2.6g	13.3g
Fibre	1.8g	9.4g
Fat	6.6g	33.8g
of which saturated	2.6g	13.5g
Sodium	338mg	1734mg

Allergens: Cow's Milk, Egg, Gluten, Allium, Wheat, Sulphites, Tree Nuts, Alcohol

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
45ml	60ml	Vegetable Stock
45g	60g	Pecan Nuts
2	2	Onions <i>peel & finely dice</i>
375g	500g	Button Mushrooms <i>wipe clean & cut into quarters</i>
8g	10g	Fresh Rosemary <i>rinse</i>
3	4	Garlic Cloves <i>peel & grate</i>
300ml	400ml	Risotto Rice
150ml	200ml	White Wine
75ml	100ml	Grated Italian-style Hard Cheese
150ml	200ml	Fresh Cream
8g	10g	Fresh Parsley <i>rinse, pick & finely chop</i>
15g	20	Crispy Onion Bits
30ml	40ml	Lemon Juice

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Butter (optional)

1. TAKE STOCK Boil the kettle. Dilute the vegetable stock with 1L [1.5L] of boiling water. Place a pot or deep saucepan (large enough for the risotto) over a medium heat. Once hot, toast the pecan nuts for 3-5 minutes until golden, shifting occasionally. Set aside.

2. MMMUSHROOMS Return the pot to a medium-high heat with a drizzle of oil. Fry the onion until soft and translucent, 4-5 minutes (shifting occasionally). Add the mushrooms and the rosemary sprigs and fry until fragrant, 3-5 minutes (shifting occasionally). Add the garlic and fry for a further 30-60 seconds. Discard the rosemary sprigs.

3. WINE O' CLOCK Add the rice, stir it through the onion and mushroom, and then fry 1-2 minutes (shifting occasionally). Deglaze the pan with the wine and simmer until it evaporates. Add a ladleful of the stock and allow it to be absorbed by gently simmering, stirring regularly. Only add the next ladle of stock when the previous one has been fully absorbed. Repeat this process until the stock is finished and the rice is cooked al dente, 25-30 minutes. Remove from the heat and stir through $\frac{3}{4}$ of the cheese, the cream and a generous knob of butter (optional). If you feel the risotto is a bit thick, loosen with a splash of warm water. Remove from the heat, mix in $\frac{1}{2}$ the parsley and season.

4. DECADENT & DELISH Bowl up a generous helping of the creamy risotto, sprinkle with the remaining cheese and parsley. Scatter over the pecan nuts and crispy onion bits. Drizzle over some lemon juice (to taste) and dig in!