



UCCOOK

Truffled Mushroom Risotto

with crème fraîche & truffle seasoning

You're going to have a special day in the kitchen, Chef! Due to its difficulty to grow, scarcity, and seasonality, truffles are a highly sought-after ingredient for any sophisticated, savoury dish. Today you will be sprinkling a truffle & hard cheese seasoning over a creamy risotto, elevated with white wine, crème fraîche & parsley. Top with golden mushrooms and side with a fresh salad.

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Kate Gomba

 Veggie

 Cathedral Cellar Wines | Cathedral Cellar-
Chardonnay 2022

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Ingredients & Prep

125g	Button Mushrooms <i>wipe clean & roughly slice</i>
10ml	Vegetable Stock
20ml	Crème Fraîche
3g	Fresh Parsley <i>rinse, pick & finely chop</i>
1	Onion <i>peel & finely dice ½</i>
100ml	Risotto Rice <i>rinse</i>
30ml	White Wine
10ml	Balsamic Vinegar
20g	Salad Leaves <i>rinse & roughly shred</i>
5ml	Truffle & Hard Cheese Seasoning

From Your Kitchen

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

1. MUSHROOMS Boil the kettle. Place a pot over medium-high heat with a drizzle of oil. When hot, fry the sliced mushrooms until golden, 5-6 minutes (shifting occasionally). Remove from the pot and season.

2. SOME PREP Dilute the stock with 400ml of boiling water. In a bowl, combine the crème fraîche and ½ the chopped parsley. Season and set aside in the fridge.

3. RISOTTO Return the pot to medium heat with a drizzle of oil. When hot, fry the diced onion until soft and translucent, 4-5 minutes. Add the risotto rice and fry until fragrant, 1-2 minutes (shifting constantly). Add the wine and simmer until almost evaporated, 1-2 minutes. Add a ladleful of the stock and allow it to be absorbed by gently simmering (stirring often). Only add the next ladle of stock when the previous one has been fully absorbed. Repeat this process until the rice is cooked al dente, 20-25 minutes. Remove from the heat and stir through a generous knob of butter, the parsley & crème fraîche mixture, and seasoning. Loosen with a splash of warm water if too thick.

4. SOME FRESHNESS In a salad bowl, combine the balsamic vinegar with a drizzle of olive oil. Add the shredded salad leaves and toss to coat.

5. TIME TO EAT Make a bed of the creamy risotto, sprinkle over the truffle seasoning, top with the mushrooms, and side with the salad leaves. Garnish with the remaining parsley. Well done, Chef!

Nutritional Information

Per 100g

Energy	594kJ
Energy	142kcal
Protein	3.2g
Carbs	25g
of which sugars	2.9g
Fibre	1.7g
Fat	2.3g
of which saturated	1.3g
Sodium	286mg

Allergens

Allium, Sulphites, Alcohol, Cow's Milk

Cook
within 3
Days