



ALL'OPERA IN TRENTINO DAL 1870

Barley risotto with mushrooms



INGREDIENTS

Serves 2 people

200 g pearled barley
About 250 g mixed mushrooms
1 onion
800 ml vegetable stock or water with
a stock cube
Olive oil
Butter
Grated Parmesan cheese
Salt
Pepper
Persil

PREPARATION

To make cooking quicker you can leave the barley to soak in cold water overnight.

Clean the mushrooms and slice them up. Heat some oil in a pan and roast the fine cut onion in it. Add the mushrooms and cook them for a few minutes together.

Add the pearled barley and roast for one minute, then add a bit of the vegetable stock. Bring mixture to boil. Reduce heat and simmer until most of the stock is absorbed, stirring frequently. Add the remaining stock slowly, allowing stock to be absorbed before adding more and stirring frequently until the barley is tender, about 20-25 minutes.

When the risotto is cooked, fold in the butter and cheese and season with salt and pepper. Serve with persil.