



Barley risotto with chestnuts



INGREDIENTS

Serves 2 people

200 g farmer's barley
200 g chestnuts
3 tomatoes
1/2 onion
400 ml water
Chili
Thyme
1 leaf of laurel
Olive oil
Salt
Persil

PREPARATION

Soak the chestnuts in water for 2 hours, then dry them. Carve them with a sharp knife and put them onto a pan. Put them into the 250 C° hot oven for 30 minutes. Pull them out, cover them with a wet cloth. After some minutes, peel them.

Roast the fine cut onion in some olive oil in a pressure cooker. Add thyme, chili and the laurel leaf. Cut the tomatoes in rough cubes and put them into the cooker. After 2-3 minutes add the barley, the water and the chestnuts. Close the cooker and cook at second pressure level for about 10 minutes. Remove from fire and wait for the pressure to drop to zero.

Open the lid, add salt and serve with persil.