



Mushroom Barley Risotto

INGREDIENTS - **serves 4-6**

1 tbsp butter

1 tbsp oil

1 red onion finely chopped

1 clove garlic, chopped

300g / 1 and half cups pearl barley

250ml white wine

8-10 chopped chestnut mushrooms

sprig of thyme

1litre hot chicken or vegetable stock

hand-full chopped chives

2 tbsp finely grated strong hard cheese (optional)

METHOD

- Soak the barley for 1 and half hours in cold water then rinse and drain
- Fry the onion and garlic in the butter and oil until soft but not brown
- Add the drained barley, coat in the oil, add the wine, cook until absorbed

- Add the mushrooms, thyme and 3/4 of stock. Simmer for 40 mins, stirring often. Add more stock if needed.
- Remove from heat, add the cheese if using and the chopped chives. Serve immediately