

Mushroom and bacon brown rice risotto



Serves 4 large (392 cal) or 6 small (235 cal) (add 12/9cal if using peas)

- 1 cup of raw brown rice
- 6 cups of water
- 1 continental chicken stocks pot or 1 chicken stock cubes or 1 litre of chicken stock.
- 1 cup of sliced shiitake mushrooms
- 1 cup of sliced brown mushrooms
- 1 cup of sliced button mushrooms
- 200gm bacon rashers cut into pieces.
- 50gm parmesan
- 1 large white onion, finely diced
- 10gm butter
- (optional: ½ cup of frozen fresh baby peas)

Place rice (do not rinse) in saucepan with 2 cups of water and bring to boil, turn to simmer and cook until water is all absorbed, put aside to cool.

In a sauce pan, add the stock, shitake and brown mushrooms and water and bring to the boil, once boiling bring down to simmer and keep hot at all times.

Add the bacon and button mushrooms to a thick based pan and cook until the bacon is cooked through and the mushrooms are browning. Remove from pan and set aside, keep warm.

Add the onion and butter to the saucepan (with the remainder juices and fat from the mushrooms and bacon. Saute the onion until see through and soft.

Separate the rice grains with a fork and add to the onions, stirring so that the butter coats the rice grains.

Add the hot stock 1 ladle at a time. Stir and once the water is absorbed (you can see the bottom of the pan when stirring), add another ladle of stock. Continue until the rice is soft and just “chewy”.

Add the mushrooms that were in the stock, then add another ladle of stock. Stir and cook until a creamy consistency is achieved.

Add ½ of the bacon and mushrooms back to the pan and stir through (if using peas, add also).

Remove from heat and add parmesan. Stir through.

Serve into portions and divide the remainder bacon and mushrooms on top.

Serve with steamed vegies (e.g. baby carrot, beans, brocollini).