

Kitchen Garden at Collingwood College 2019

Name of Recipe; Risotto of Sautéed Mushrooms, Greens, Herbs & Parmesan

Volunteer Notes:

The mushrooms will be sautéed separately and added to the risotto mix, halfway thru the cooking process.

The cheese can be left out for dairy free classes.

(Cooking time 20mins, plus 5- resting)

What to collect	What to do
1 Pot with 2lt HOT Vegetable stock 1 ladle 1 Pot (for Risotto making) 1 long wooden spoon 2-3 garlic clove-peeled/chop finely 2 celery stalk-wash/dice finely 2 x fresh bay-leaves 1 metric measuring scale 350 gm Arborio rice 60 gm butter 2 tbsp XV Olive oil 6-8 sprigs Thyme-wash & strip leaves off Sauté pan Portion Button mushrooms, wipe clean & slice 60 ml Olive oil, salt/pepper 1 lemon-zested & juiced	The vegetable stock will be warm on the stove top, ready for you to use. Please check with Des before you start if you will be using butter/parmesan. Or NOT. Prepare: celery, garlic, bay-leaves Measure: rice, oil, butter Cooking the risotto: <ol style="list-style-type: none">1. In the pot, heat the butter/oil add the celery, garlic and gently sauté for 2 mins, stirring with a wooden spoon.2. Add the measured rice & gently sauté for 2 more mins, stirring with a wooden spoon.3. Now add 4 ladles of hot stock and bay-leaves, thyme, stir rice mix until all the stock has been absorbed into the rice.4. Repeat with 4 ladles of hot stock, keep stirring.5. NOW divide group into ½. 1 group prepare and sauté the mushrooms and the other group prepare the greens. 1 person is to stir risotto at all times.6. Add the cooked mushroom mix & prepared greens to the pot.7. Check the rice is cooked thru & seasoning is correct. If not add more stock, stir.8. Add the parmesan, stir thru & divide into 3 dishes.9. Garnish. Serve with a spoon.

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<p>6-8 leaves: chard, spinach, silver-beet-washed-stem trimmed off. Finely slice (chiffonade) the green leaves salad Spinner</p> <p>60 g parmesan-finely grated (optional)</p>	<ul style="list-style-type: none">• Put a lid on & rest 5 mins before serving.• Serve hot.
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