

Less than 45 minutes

Serves 3-4

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Ingredients:

- 2 Tbsp (30ml) olive oil
- 1 onion, chopped
- 2 leeks, washed and sliced
- 2 carrots, chopped
- 3 cloves garlic, chopped
- 2 bay leaves
- Handful fresh thyme
- 1 cup (250ml) dried barley
- ⅓ cup (80ml) white wine (optional)
- 6 cups (1.5L) hot vegetable stock
- Salt and milled pepper
- ½ cup (125ml) cream
- ⅓ cup (80ml) grated parmesan + extra for serving
- 2 Tbsp (30ml) butter
- 1 punnet (250g) exotic mushrooms, sliced
- 1 punnet (200g) vine tomatoes
- 3 Tbsp (45ml) chopped parsley
- Fresh herbs, for serving

Method:

1. Heat oil in a large pan or pot and fry onion, leeks, carrots and garlic for 3-5 minutes.
2. Add bay leaves, thyme and barley and cook for about 2-3 minutes.
3. Add wine (if using) and cook, while stirring, for 3-4 minutes.
4. Add about ⅓ cup (80ml) of stock at a time, allowing it to fully absorb before pouring in the next addition.
5. Stir continuously for 25-30 minutes over a medium-low heat.

6. Remove and discard bay leaves and thyme stalks.
7. Season and stir through cream and parmesan.
8. Heat butter in a separate pan and fry mushrooms and tomatoes for a minute or until golden and blistered.
9. Stir mushrooms, tomatoes and parsley through risotto.
10. Serve garnished with fresh herbs and extra grated parmesan.