



chiltern
cold pressed
extra virgin rapeseed oil

www.chiltern-oil.co.uk

How to make Mushroom Risotto...

1. Fry the onions until they are golden.
2. Add the rice and onions to the onions and fry for 4-5 minutes, making sure to stir all of the time.
3. Next add the wine and half of the vegetable stock. Bring this to the boil and then turn down the heat and allow the ingredients to simmer and for the rice to absorb the liquid.
4. After that, add the herbs and more vegetable stock to moisten the rice again.
5. Again, put the lid back on the pan and allow simmering on a low heat until the liquid is absorbed and until the dish is finally cooked.
6. Finally serve with a small drizzle of porcini oil and sprinkled parmesan.

What you'll need...

3-4 tablespoons of Chiltern Cold Pressed Porcini Oil

2 diced onions

1 tablespoon each of mint, parsley and chives, chopped

8oz of mushrooms, sliced. These can be chestnut, oyster or any other mushroom which you like most

8oz of risotto rice

6 fl oz of dry white wine

$\frac{3}{4}$ of a pint of vegetable stock

Parmesan to serve

