

Making Leek and Mushroom Risotto with Emer



New Directions: Maximising Independence



Name:



Date:

List of *Ingredients at the bottom*

1. Chop mushrooms and put them in a bowl
2. Wash the 2 leeks. Cut the leeks length ways. Then cut leeks into small chunks.
3. Chop onion. Wash the onion under cold water to stop it causing you to cry!
4. Add garlic if you like.
5. Put onion and leek into the bowl with the mushrooms



6. Save the leftovers and put into compost.



7. Make the stock using the stock cube and boiling water and stir.



8. Put the vegetables in a saucepan on the cooker and stir. Put the lid on the saucepan to allow vegetables to cook.



9. Add a cup of Arborio rice (Risotto rice) and stir for 3 -4 minutes



10. Keep stirring over a medium heat.
Adding half of the stock first and then
continue to add all the stock slowly.
Stir for 15 to 20 minutes until the rice
is al dente (still slightly firm)



11. Grate Parmesan cheese for the top



Congratulations

Well done.

Enjoy





Ingredients for Mushroom and Risotto

(Vegan and Gluten free)

- 8 oz mushrooms
- 2 leeks
- 3 to 4 cups Vegetable broth
- 1 cup Arborio rice
- Salt and Pepper to taste
- Teaspoon olive oil
- Quarter cup of dry white wine (optional)
- 1 tablespoon butter (optional)
- Grated Parmesan cheese

Time:

5 minutes to prepare

25 minutes cooking time