Restaurant "Go Fish" of St. Helena
presents
Wild Mushroom Risotto
paired with Downing Family 2003 Cabernet Sauvignon

INGREDIENTS:
For Mushroom Stock:

2 lbs. crimini mushrooms – washed and sliced thin   2 sprigs thyme
1 ea. Carrot, peeled and chopped   2 ea. Bay leaf
1 ea. Yellow onion, peeled and sliced thin   1 cup white wine
2 ea. Stalks celery, sliced 1" thick   2 tsp grapeseed oil
1 ea. Bult fennel, core removed and sliced thin   water
2 sprigs parsley

For Risotto:

1 cup Arborio rice   1 qt. mushroom stock
½ yellow onion, small diced   3 tbsp Reggiano cheese grated
¼ lb. butter   1 tbsp crème fraiche
¼ cup white wine   kosher salt and pepper
1 bay leaf

For Saute Mushrooms:
2 oz. black trumpet, chanterelle and hedgehog mushrooms, picked clean

For mushroom stock place grapeseed oil in saucepan with mushrooms and vegetables and cook over low heat for ten minutes until tender. Add white wine and simmer until reduced by half. Cover with water and simmer for twenty minutes. Season with salt and pepper and strain through fine strainer.

For wild mushrooms, putt apart and rinse; ;then spin dry or pat dry with paper towel. Saute in very hot sauté pan with a grapeseed oil and season with salt and pepper. Once you add mushrooms to hot sauté pan turn down heat to medium high to avoid scorching. Mushrooms will only take a couple of minutes.

For risotto, place whole butter in large saucepan with onions and sweat until translucent. Add rice and toast. Next add white wine and stir often. Use rubber spatula to scrape down sides of pan to avoid scorching. Add mushroom stock in one ounce increments, tasting and seasoning throughout cooking process. Continue to add stock until rice has just a little bite to it or aldente. If serving immediately, cooke to desired bite, add cooked mushrooms and heat through. Next add grated cheese and crème fraiche. Garnish with chopped chives, shaved truffles, truffle oil or shaved cheese.