

MARKET “An American Restaurant”
presents
Wild Mushroom Risotto
paired with Downing Family 2004 Cabernet Sauvignon

Ingredients:

½ lb. wild mushrooms (whatever is available or even a variety)	
1 tblspn extra virgin olive oil	1 tspn fresh thyme, de-stemmed
1 clove garlic, crushed	½ tblspn butter, unsalted
3 tblspn shallots, chopped	1 tblspn garlic, chopped
4 tblspn butter, unsalted	
1 cup Carnaroli rice, an Italian short-grain variety (may substitute Arborio)	
1 ½ cup white wine, dry	
4 ¼ cup vegetable stock (homemade or store-bought)	
1 tblspn parsley, chopped	1 tblspn chives, chopped
Parmigiano-Reggiano	

Preparation:

Sauté the wild mushrooms in a large skillet with 1 tablespoon of extra virgin olive oil over medium-high heat. Once they have browned, add the thyme and crushed garlic and a half tablespoon of butter and sauté until the butter has melted and incorporated into the mushrooms completely. Set aside and allow to cool to room temperature.

Over medium heat, ‘sweat’ 3 tablespoons of chopped shallots and 1 tablespoon of chopped garlic in 4 tablespoons of butter over medium heat until tender and translucent (no browning). Add the Carnaroli rice and 1 cup of the white wine and stir constantly until all the wine has evaporated. Begin adding the vegetable stock, one cup at a time, allowing each cup to reduce and evaporate while you continue to stir constantly. When the rice is just “al dente”, meaning slightly underdone, remove from the heat and allow to cool to room temperature. We suggest spreading the risotto out on a cookie sheet to cool more rapidly. These first two parts can be done as much as a day ahead, with the partially cooked risotto and sautéed mushrooms held in the refrigerator until you’re ready finish the dish.

To finish, return the risotto to a pan over medium-high heat with the remaining ½ cup of white wine and ¼ cup of vegetable stock and heat thoroughly, while stirring constantly. Once the risotto is hot and the liquid has evaporated, add ¼ pound of butter in thin slices, stirring constantly, until the butter is fully incorporated and emulsified. Add the cooked wild mushrooms, chopped parsley and chives and stir to combine. Top each serving with freshly grated parmigiano-reggiano. Serves four as an entrée or six as a side dish.