



No Oil Risotto with Caramelised Onions and Mushroom

(adapted from fakeginger.com)



Yields 4

Ingredients

- 1 onion, sliced
- 3 or 4 shitake mushrooms, sliced
- 1 clove garlic, minced
- 1 cup short grained rice
- 1/3 cup dry white wine
- 4 – 6 cups warm low sodium broth (your choice of vegetable, beef or chicken)
- salt and pepper to taste
- pine nuts or herbs (optional)

Method

1. Use a non-stick pan to caramelize the onions. Heat the pan on high. To test if the pan is ready, sprinkle some water into the pan. If the water is absorbed, pan is not hot enough and needs more time to heat up. If water droplets roll about when you move the pan, it's ready.
2. Place the onions into the hot pan. Leave the onions in the pan without stirring them. Once onions start to get brown underneath, add about 2 tablespoons of broth or water, and stir. Cook for another 3 minutes, stirring the onions constantly, while adding a little broth or water to ensure they don't burn.
3. Reduce pan to medium heat. Add the mushrooms and cook for about 5 minutes, until mushrooms are cooked, constantly adding more broth or water as needed.
4. Add in garlic and rice, then stir for about a minute, until the rice is fully coated.



5. Add in wine and simmer on low heat until wine has just about evaporated. If you don't have wine, you can use broth instead.
6. Add broth gradually, about 1 cup each time, and keep stirring until broth has been absorbed. Keep adding broth and stirring, until rice is soft and creamy. Add salt and pepper to taste, then add herbs if desired. Lay onto a plate, then top with roasted pine nuts if desired.