

# Mushroom and Barley Risotto



Licking Memorial Hospital | Culinary Services

# Mushroom and Barley Risotto (Serves 4)

## Ingredients

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- 2 Tbs extra-virgin olive oil
- 2 Tbs garlic (minced)
- 2 Tbs onion (minced)
- 1 cup white button mushroom (sliced)
- 1 cup Pearl barley
- 2 cups vegetable broth
- 1/4 cup mushroom puree\*
- 1/4 cup Parmesan cheese (shredded)

## Directions

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Add oil to a pot over medium heat. Add garlic, onion, mushrooms, and a pinch of salt and pepper. Cook ingredients until soft and fragrant, about 2 minutes. Turn heat to medium-high, then add barley and cook for 2 minutes. Add broth until it is fully absorbed by the barley, 1/4 cup at a time. Add mushroom puree and cook until puree is heated through. Turn off heat and finish with Parmesan cheese.

## \*Ingredients and directions for Mushroom Purée

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- 2 Portabella mushroom caps
- 1 cup heavy cream
- 2 Tbs butter
- 1 Tbs fresh Thyme (leaves only)

Add all ingredients to a small pot covered over medium heat. Cook until mushrooms are soft. Puree ingredients in blender until smooth.