

SPELT RISOTTO

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A risotto is a sure bet that will delight any foodie. This version, with spelt (an ancestor of wheat, available in any fine or organic grocery store) is very tasty and crunchy because its grain remains relatively firm when cooked. The goat cheese will add the creaminess. Serve your dish with shavings of foie gras, duck confit or even a beautiful duck magret... Bon appétit!

INGREDIENTS

1 ½ cups of spelt

60-80 g of fresh goat cheese

½ Lb of oyster mushrooms

50 ml of olive oil

50 g of butter

½ cup dry white wine

30 g of grated parmesan

1 litre of chicken or vegetable broth

40 g of chopped white onions

1 butternut squash, cut into small pieces

50 g frozen or fresh green peas

20 g fresh spinach

Parmesan shavings for serving

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EXECUTION

Sauté the oyster mushrooms and cubes of squash in a bit of olive oil and set aside on a plate.

We cook spelt like a traditional risotto, in a large saucepan over medium heat: brown the white onions in the butter and then add the spelt and cook for 2 minutes, stirring to coat the grains in the melted butter.

Still over medium heat, deglaze with the white wine and cook until the liquid is almost completely absorbed.

Gradually add the broth ($\frac{3}{4}$ cup at a time), stirring often.

After 20-25 minutes, the spelt should be cooked. Mix in the goat cheese. Add the grated Parmesan, then add your oyster mushrooms and sautéed butternut squash, green peas and fresh spinach. Add salt and pepper.

Arrange in a deep plate and add the Parmesan shavings (and small sprouts for decoration). Enjoy!

