

Name of the recipe: Mushroom Quinoto

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Make sure you have everything you need and place them on your kitchen counter. This is called "mise en place" (in French) to make sure all the ingredients are available at home and you are not disappointed later if you are half way and you are lacking something. Enjoy!



Ingredients:

1. 1 tbsp olive oil
2. 1 garlic clove
3. 1 medium onion chopped finely
4. 500 grs mushroom, clean & slivered
5. 2 cups rice (not pre-cooked or grained) or quinoa
6. 200 ml white wine
7. 800 ml stock (chicken, veggies, meat or water)
8. 50 g parmesan cheese freshly grated
9. Salt & pepper to taste
10. ½ tsp butter to top each portion

If using quinoa, wash thoroughly under the tap until water is clear.

Optional:

You may substitute mushrooms, for shrimp, artichoke bottoms, hearts of palm or whatever you like best.

To prepare:

1. In a large shallow pot, heat the olive oil, then add the mushrooms and leave to brown a little without stirring. Then, fold softly and cook until tender. Remove from heat and reserve.
2. In the same pot, add a little more olive oil and then the onion & garlic and cook until soft & shiny.
3. Add the rice or the quinoa and cook stirring for approximately 5 minutes or until it turns white and non-transparent. Add the wine and cook until it is completely absorbed, always stirring (2-3 mins).
4. Slowly introduce the hot stock, one cup at a time, stirring and making sure it is absorbed before adding some more. After 15 minutes, start checking if the rice/quinoa is cooked, should be "al dente", and should take a total of 18-20 mins.
5. Once ready, add the mushrooms, (or whatever you choose) the freshly grated parmesan and stir slowly until the cheese is completely melted & blended in. Check the salt & pepper.
6. Serve immediately in a soup plate with a blob of butter on top and garnish with greens or more cheese.