Gersotto with sautéed king oyster mushrooms

Recept van V-ZUG N.V.



Bereiding	20 Mins
Gaartijd	25 Mins
Porties	4

Creamy barley risotto made from pearl barley with sautéed king oyster mushrooms. An uncomplicated autumn dish with an aromatic mushroom note and a fresh herb sauce made from parsley, rosemary and thyme.

Gersotto

2 tbsp olive oil

200 g leek, in fine strips

150 g king oyster mushrooms, in pieces approximately 1 cm

1 shallot, finely chopped

2 cloves of garlic, finely chopped

¼ tsp salt

a little pepper

200 g pearl barley

150 ml white wine

600 ml vegetable bouillon

100 g grated Sbrinz cheese

100 g butter, cubed

a little salt

some pepper

Topping

5 tbsp olive oil

2 sprigs of rosemary, leaves finely chopped

2 sprigs of thyme, leaves finely chopped

1 clove of garlic, finely chopped

½ chilli, finely chopped

1 pinch of sugar

¼ tsp salt

some pepper

some olive oil

150 g king oyster mushrooms, sliced lengthwise into approx. 3 mm thick slices, lightly cross-scored

Gersotto

Heat olive oil in a pan over medium heat (level 6-7). Add leek, mushrooms, shallot and garlic, sauté for approximately 5 minutes. Season with salt and pepper. Add pearl barley and sauté briefly. Pour in white wine and allow it to reduce slightly. Add vegetable stock, bring to the boil over high heat (level 8). Reduce heat to low to medium (level 3-4) and simmer for approximately 25 minutes, stirring occasionally. Stir in Sbrinz cheese and butter, season with salt and pepper.

Topping

Mix olive oil and all ingredients up to and including pepper in a small bowl. Heat a little olive oil in a non-stick frying pan over medium to high heat (level 6-7). Sauté mushrooms on both sides for approximately 2 minutes each until golden brown. Add a little of the herb sauce to the mushrooms and toss to coat. Serve the Gersotto topped with the mushrooms and the remaining herb sauce.

Accessoires

Pan with lid (approx. 24 cm ø)

Non-stick frying pan

Aanvullende informatie

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