



# MUSHROOM FREEKEH RISOTTO WITH SPRING ONION OIL

🕒 10 min. 🕒 1 hr. 30 min. 🍽️ 4 serves

## INGREDIENTS

### Spring onion oil

1 bunch spring onions/shallots, green tops only, cut into pieces (approx. 80 g - reserving white parts for freekeh)  
250 g olive oil

### Mushroom freekeh

40 g Parmesan cheese, cut into pieces (3 cm)  
2 garlic cloves  
40 g salted butter  
40 g extra virgin olive oil  
250 g cracked freekeh  
60 g dry white wine  
1 tbsp Vegetable stock paste or Chicken stock powder (see Tips)  
200 g fresh mushrooms, cut into slices (see Tips)  
700 g water  
freshly squeezed lemon juice, to serve  
ground black pepper, to serve

## USEFUL ITEMS

nut milk bag, sealable container, thermal serving bowl (ThermoServer®)

## THERMOMIX PARTS

butterfly whisk, simmering basket

*Risotto, it's one of those traditionally time-consuming recipes that becomes easy to whip up as a mid-week meal with Thermomix. Consultants from Italy, Rita and Patrizia, taught us how to do it and we immediately used it in our Cooking Experiences. What a wow! A perfect risotto you never have to stir. With this recipe, we've taken a play on risotto and made it with freekeh instead. Search Cookidoo® for our original risotto recipe and many others.*

### Spring onion oil

1. Place spring onion tops (green part only) and oil into mixing bowl and blend **1 min/speed 7**. Scrape down sides of mixing bowl with spatula, then heat **2 min/80°C/speed 1**.
2. Set aside until cool enough to handle then strain through a nut milk bag into a bowl. Discard contents of nut milk bag. Pour oil into a sealable container or serving bowl and set aside until needed (see Tips). Clean and dry mixing bowl.

### Mushroom freekeh

3. Place Parmesan cheese into mixing bowl and grate **10 sec/speed 10**. Place in a bowl and set aside. Clean and dry mixing bowl.
4. Place reserved spring onion/shallots (white parts) and garlic into mixing bowl and chop **3 sec/speed 5**. Scrape down sides of mixing bowl with spatula.
5. Add butter and oil and sauté **3 min/120°C/speed 1 [TM31:3 min/Varoma/speed 1]**.
6. **Insert butterfly whisk**. Add freekeh and sauté **1 min/120°C/🌀/speed 1.5, without measuring cup [TM31: 1 min/Varoma/🌀/speed 1.5, without measuring cup]**.
7. Add wine and sauté **2 min/100°C/🌀/speed 1.5, without measuring cup**.
8. Add stock paste or powder, mushrooms and water. Then scrape bottom of bowl with spatula and cook **25 min/100°C/🌀/speed 1.5**, placing simmering basket instead of measuring cup onto mixing bowl lid.
9. Place freekeh in a thermal serving bowl (ThermoServer®). Add reserved Parmesan cheese and stir to combine. Cover and set aside for a few minutes to thicken. Serve drizzled with lemon juice, reserved spring onion oil and ground black pepper.

## TIPS

- Spring onion oil will keep in a sealable container in the fridge for up to 2 weeks. Remove from the fridge 1 hour before needed and stir before serving.
- To make your own Vegetable stock paste in your Thermomix, search Cookidoo® for the recipe.
- For a richer mushroom flavour, replace fresh mushrooms with 100 g soaked and drained dried mushrooms of choice. Instead of discarding the soaking liquid, use it to replace some of the water required in the recipe.