

Chantarelle Risotto

Serves 4:

Ingredients

4 tablespoons unsalted butter, divided
1 pound fresh wild mushrooms, like chanterelle
or stemmed shiitakes, oyster, cremini
1 large shallot, finely chopped
1 cup arborio or carnaroli rice
1/2 cup dry white wine
4 cups chicken stock, homemade or low sodium
1/2 cup freshly grated parmesan cheese
kosher salt and freshly ground black pepper
white truffle oil (optional)
finely minced chives for garnish

Preparation

Like other mushrooms, chanterelles are absorbent sponges and should not be washed.

Just wipe away any dirt with a damp paper towel.

Trim off the bottom of mushroom stems (if using shiitake mushrooms, completely remove the stems).

Cut mushrooms into halves or quarters lengthwise, depending on their size.

Bring chicken stock to a simmer in a small saucepan over low heat.

In a risotto pan or wide 3 or 4 quart saucepan, melt 2 tablespoons of butter over medium low heat.

Add mushrooms and a pinch each of kosher salt and freshly ground black pepper.

Sauté, stirring occasionally, until chanterelles are tender, about 3 to 4 minutes.

If using other wild mushrooms, sauté time may be a few minutes longer.

When sautéed, juice from the mushrooms combines with butter to create a thick sauce in the pan.

Use a slotted spoon to remove the mushrooms to a separate bowl, leaving sauce behind in the pan.

Add another tablespoon of unsalted butter to the pan.

When butter foam subsides, add shallot and cook until translucent, about 3 minutes.

Add rice and toss with fat and shallots in pan until well coated.

Pour 1/2 cup white wine to pan and cook, stirring until fully evaporated and incorporated into rice.

Begin adding ladles of hot chicken stock (about 1/2 cup at a time) to the rice.
Cook, stirring rice until liquid is completely absorbed before adding the next ladle of liquid.
As you get close to finishing the chicken stock, taste rice for doneness.
The risotto is ready when grain is al dente to the bite.
The rice should also be a little loose and runny--not too thick.
Turn off heat.

Add a tablespoon of butter and freshly grated parmesan cheese.
Stir in sautéed chanterelle mushrooms.
Taste and season with kosher salt and freshly ground black pepper.

To finish, stir in a teaspoon of white truffle oil, if you like.
Garnish with freshly chopped chives and serve immediately.
Drizzle with more truffle oil and a sprinkling of fleur de sel.

passioneats | 11.08.2011
www.passioneats.com