

Chicken & Mushroom Farro Risotto

Serves 4

2 cups farro
1 brown onion, finely diced
2 cloves garlic, finely chopped
1 x 15 gm packet dried porcini mushrooms
500 ml chicken stock
2 chicken breasts, diced
200 gm swiss brown or field mushrooms
4-6 sprigs thyme
6 tablespoons olive oil
½ cup white wine
1 cup grated parmesan cheese

Rinse faro under cold water until the water runs clear. Place in a saucepan and cover with cold water, bring to the boil & simmer gently for 10 minutes. Drain and run under cold water. Place dried mushrooms in a bowl, cover with boiling water, leave to soak for 10 minutes, drain, reserve liquid & chop mushrooms finely.

Heat half the olive oil in a heavy based pot over medium heat. Add onion and garlic and sauté for 3-4 minutes. Add thyme, farro and dried mushrooms, heat through 1-2 minutes. Add white wine and reduce by half. Add reserved liquid from mushrooms and 1/2 of the stock, simmer risotto gently until liquid has evaporated, stirring occasionally. Add the remaining stock and simmer gently. Meanwhile, heat remaining olive oil in a frypan and brown the chicken and mushrooms, season, set aside. Once most of the liquid has evaporated in the risotto, add the chicken and mushrooms, season and continue to cook until all of the liquid had evaporated. Take off heat, stir through the cheese, leave to stand for 5 minutes. Serve and finish with a drizzle of extra virgin olive oil and extra shaved parmesan.

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