

# Barley Risotto with Mushrooms and Saffron

## INGREDIENTS

- 5 tablespoons barley
- Half a shallot or onion
- 300 ml vegetable broth (carrot, onion, celery)
- 3 teaspoons grated Parmesan cheese
- 3 teaspoons extra virgin olive oil
- 5g dried porcini mushrooms or 70g cultivated mushrooms
- A bunch of parsley or a sprig of thyme
- Salt and pepper to taste
- Half a sachet of saffron powder

## PREPARATION AND COOKING TIME: APPROXIMATELY 40 MINUTES

### PROCEDURE

- In a non-stick pan, let a clove of garlic infuse for about 5 minutes with a teaspoon of extra virgin olive oil and 20 ml of broth; remove the garlic and add the cleaned and sliced fresh mushrooms or rehydrated dried mushrooms. Season with salt and pepper, cook for 10 minutes, and set aside.
- In a saucepan, add the shallot and 30 ml of broth, let it infuse for 5 minutes. Add the barley and toast it for 2/3 minutes. Continue cooking for the time indicated on the package, adding half a glass of hot broth at a time.
- Dissolve the saffron in a bowl with 1 tablespoon of broth.
- About 10 minutes before the end of cooking, add the mushrooms, saffron, and mix.
- Turn off the heat and add the remaining 2 teaspoons of oil and 3 teaspoons of grated Parmesan, stir to combine.
- Let it rest for 2 minutes and serve, dusted with parsley or thyme to taste.
- The consistency should be similar to that of risotto.