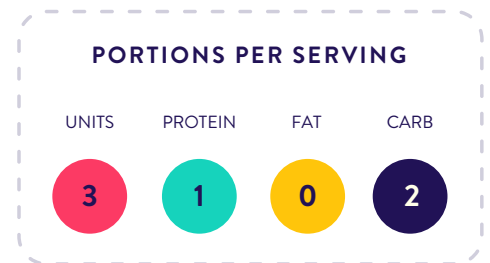


Wonder Woman's Mushroom Barley Risotto

SERVES 4



INGREDIENTS

- 1 cup pearl barley
- 45 g dried mushrooms
- 1 onion, diced
- 2 garlic cloves, finely minced
- 2 Tbsp fresh thyme, finely chopped
- 125 g fresh mushrooms, sliced
- 1 ½ cups chicken stock
- 1 Tbsp Italian parsley, finely chopped
- 4 Tbsp parmesan cheese, finely grated

METHOD

1. Cover the barley in water and soak for 3 hours.
2. Soak the dried mushrooms in enough warm water to cover for 15 minutes.
3. Heat some olive oil in a large pot and add the onion to cook over a medium heat until translucent.
4. Stir in the garlic, fresh thyme, and fresh mushrooms to the pot and cook until the mushrooms are browned.
5. Drain and add the barley. Stir to toast for a couple of minutes.
6. Add wild mushrooms along with their water they soaked in plus the chicken stock and bring to a boil for 10 minutes.
7. Place the lid tightly on the pot and transfer to the Wonderbag. Wrap well and leave for 3 hours. If you are not using a Wonderbag, reduce the heat and simmer for 45 minutes.
8. Check the barley after 3 hours, or 45 minutes if cooking on the stovetop, for an al dente texture. Stir in the parmesan and parsley and season to taste.

