



Quinoa risotto with seasonal mushrooms



Chef Mauro Colagreco (France)

Serves: 4

Ingredients:

6 tbsp white quinoa
6 tbsp red quinoa
20 medium mushrooms, in season and fresh
5 tbsp reggianito cheese, grated
20 reggianito slices, made with a peeler
½ cup vegetable stock
1 tbsp shallot, finely chopped
½ tbsp lard
2 tbsp extra virgin olive oil
1 garlic clove
1 sprig thyme
1 sprig rosemary
12 Andean small potatoes
20 leaves parsley
2 cups sunflower oil for frying
1 tbsp of salt

Preparation:

- Place water with a little salt in a large pot and bring to the boil. Wash the quinoa and cook for 10 minutes. When ready, drain well. Combine the red and white quinoa in a bowl and set aside.
- In a saucepan with plenty of water, cook the washed whole potatoes. When cooked, remove from the water and peel while hot with a paring knife. Depending on the size, cut the potatoes into disks and set aside.
- Recover the potato skin and carefully dry with kitchen paper.
- Pour oil into a small saucepan and heat (up to about 180 °C). Fry the potato skins for few seconds until crispy and drain on kitchen paper. Set aside.
- Clean the mushrooms and cut in half.
- Pour a teaspoon of olive oil in a pan on medium heat and add the mushrooms and cooked potato discs, the garlic clove, thyme and rosemary. Set aside and keep warm.
- In a pan melt a teaspoon of lard and lightly fry the finely chopped shallot without changing its colour.
- Add the mixed quinoa, stir in the ½ cup of vegetable stock and moderately heat.
- Stir in the grated cheese and the remaining lard and olive oil and stir well to emulsify. This process, known as "mantecatura", gives a creamy texture to our quinoa risotto
- To serve, place the quinoa risotto on the bottom of a bowl. Top with the mushrooms and browned potato disks to give bulk to the presentation. Garnish with 5 parsley leaves, the fried potato skin and a sprinkling of black pepper.