

Barley Risotto (serves 2)

Risotto is an Italian rice dish where the rice is cooked in stock until creamy. The rice, however, can be replaced with various grains for a similar style dish. In this case pearl barley is used instead. The cooking time is slightly longer than for a rice risotto but the barley can give a similar creamy consistency. The recipe below is suitable for vegetarians if the Gran Moravia cheese is used, but like other risotto recipes there are many variations as to what can be added such as chicken, prawns, asparagus, peas etc.

Ingredients

140g pearl barley	10g of butter
350g butternut squash, peeled and diced into chunks	15g of mascarpone
1 onion, finely chopped	25g Gran Moravia cheese, grated, or other hard cheese
2 garlic cloves, crushed	Handful of chopped parsley
60ml white wine	Ground black pepper to taste
1 vegetable stock cube with 700ml of water	

Method

1. Heat the butter in a large shallow saucepan.
2. Add the onion and squash and cook gently, stirring occasionally, until the onion is soft and the squash starts to soften, about 10 minutes.
3. Stir in the garlic and cook for 1 minute.
4. Add the white wine and boil until about $\frac{3}{4}$ of the liquid has gone.
5. Add the barley, stir, and then add the stock.
6. Gently simmer for about 45-55 minutes, stirring occasionally, until all the stock has been absorbed and the barley is tender.
7. Turn off the heat and stir through the mascarpone, half the Gran Moravia and all the parsley.
8. Season with pepper.
9. Serve in bowls, sprinkled with the remaining Gran Moravia.

Nutrition information

Per 100g	Energy 392kJ 93kcal	Fat 2.4g	Saturates 1.3g	CHO 13.1g	Sugars 2.0g	Protein 2.6g	Fibre 2.6g	Salt 0.30g
Per Serving 565g	Energy 2108kJ 502kcal	Fat 13.1g	Saturates 7.1g	CHO 70.5g	Sugars 10.7g	Protein 14.0g	Fibre 14.0g	Salt 1.6g

Oat/Barley content

70g
of barley per portion

