



From our kitchen to yours

The chefs from RBG's on-site catering team are providing weekly recipes from their kitchen for you to create at home. Bon appétit!

**VEGETARIAN
GLUTEN-FREE**



Black Tea and Mushroom Risotto

OVERVIEW

Prep Time: 45 minutes
Total Time: 45 minutes

INGREDIENTS

3 cups water
4 English Breakfast tea bags
4 Tbsp. unsalted butter
4 Tbsp. olive oil
8 oz. cremini mushrooms (sliced)
1 Tbsp. thyme leaves (chopped)
Salt and pepper to taste
1 large onion (finely chopped)
5 cloves of garlic (minced)
2 cups arborio rice
¾ cup white wine
3 cups vegetable broth
1½ cup parmesan (grated)
2 Tbsp. sour cream

DIRECTIONS:

1. In a pot, bring the water to a boil and steep tea for 5–6 minutes. Squeeze all the liquid out of the tea bags and discard them. Add the broth to the pot and bring to a low simmer.
2. In a heavy bottomed pot, add one tablespoon of butter and two tablespoons of olive oil over medium-high heat. Sauté the mushrooms in this pot for roughly 5 minutes until brown. Season with the thyme, salt, and pepper. Remove the mushrooms from the pot and set aside.
3. In the same pot, add one tablespoon of butter and the rest of the olive oil. Once the butter has melted, add the onions and garlic. Stir them frequently until soft and starting to get some colour. Add the rice and sauté it for about a minute. Deglaze the pot with the white wine, scraping the bottom of the pot.
4. Once the wine has mostly evaporated, add one cup of the hot tea/broth mixture. Simmer until the liquid gets absorbed by the rice, stirring occasionally. Continue adding the stock one cup at a time until the rice is al dente, roughly 20–25 minutes.
5. When the rice is done, add the remaining butter, grated parmesan, sour cream, half of the mushrooms and season to taste with salt and pepper.
6. To plate, place risotto in a shallow bowl and top with mushrooms.

