

Wintery-Roots-and-Barley-Risotto

Serves 2-3 hungry folk

Cooking time: 45 minutes

Ingredients

- 400 g dried barley
- 2 onions
- 2 carrots
- 2 beetroots
- 1 parsnip
- 1.25 litres vegetable stock
- Oil or butter
- Herbs (I used oregano, rosemary and sage)
- Salt and Pepper



Recipe



After you gathered your ingredients, you might need to give your veggies a wash. Since so much of our veg comes straight from the farm, it can be a little muddy (for many, me included, this is part of the charm!). To avoid wasting water, you can scrub them in a little layer of water.

Roughly chop up your onions and root vegetables into chunks around the size of a dice.

Add the onions to a pan with heated oil or butter and heat on medium temperature. Keep stirring until they are soft (usually around 7-10 minutes).

While preparing the onions, continue chopping whatever veg you have left and make the vegetable stock.

Add the vegetable chunks for about a minute to get them heated, then add the barley and herbs and cook for another few minutes until nice and glazed from the oil/butter.

Add a few ladles of the stock and stir. The barley will start to expand and absorb the water, after which you add another ladle and stir again. (A general rule of thumb is about 200 ml every 5 minutes). Not much can go wrong at this stage, just make sure you stir occasionally and that there are happy bubbling noises coming from the pan!

After about 25-30 minutes the barley and vegetables will be a lot softer, and the stock will have gotten a bit thicker. It will not be as creamy as an Arborio rice risotto, but it has a nice bite to it. This is when you can season with salt and pepper or even some fresh herbs if you have them!

Hope you enjoy!

PS: red beetroot will make your risotto pretty in pink!

