

Vegan Barley Risotto with Shiitake Mushrooms

Ingredients

- 4 cups vegetable broth
- ½ lb. shiitake mushrooms, stems removed and sliced
- Olive oil, for cooking
- 3 cloves of garlic, minced
- 1 medium-sized onion, diced
- 1 cup dried barley
- ¼ cup red wine
- 2 tbsp. vegan butter
- 1 tsp. dried tarragon
- Salt and pepper, to taste
- ½ cup fresh parsley, finely chopped
- 1 lemon, zested

Steps

1. Heat vegetable broth in a small saucepan until warm. In the meantime, heat a generous amount of oil in a large pot and once hot add the shiitake mushrooms with a pinch of salt. Sauté until they have lost some moisture and begun to turn golden. Add the garlic and onion, and cook until the onions become translucent. Scrape the cooked mushrooms and onions into a large bowl and set aside.

2. In the same pot, add the barley and cook for a minute or two until fragrant, stirring so it doesn't burn. Add the wine, and stir, cooking until it is all absorbed. Next add a ladle full of the warm vegetable broth, stirring until it too is absorbed. Continue adding a ladle at a time and letting it be absorbed, stirring the whole time, until the barley is cooked (45 minutes to an hour).

3. Once the barley is cooked, add the vegan butter and tarragon, stirring to incorporate. Return the cooked mushrooms and onions to the pot, along with salt and pepper to taste, chopped parsley, and the lemon zest (save the juice for another recipe). Stir to incorporate, and serve warm. Top with nutritional yeast or vegan parmesan, if desired.

