

Barley, Kale & Mushroom Risotto

Inspired by <http://www.epicurious.com/recipes/food/views/mushroom-barley-risotto-4401>

Yield: Serves 6

Ingredients

4 1/2 cups vegetable broth or 2 vegetable bouillon cubes
2 teaspoons butter
1 cup finely chopped onion
1 cup pearl barley or crimped barley (ours was from Cedar Isle Farm)
2 teaspoons chopped fresh thyme or 3/4 teaspoon dried
1 bay leaf
2 teaspoons olive oil
1 pound assorted fresh mushrooms (such as oyster, stemmed portobello and stemmed shiitake), sliced
2 cups kale, washed and chopped
1 garlic clove, minced
1 cup grated parmesan for serving

Preparation

1. Bring vegetable broth to boil in heavy medium saucepan. Remove from heat, cover and set aside.
2. Melt 2 teaspoons butter in large nonstick skillet over low heat. Add onion and sauté until translucent, about 5 minutes. Add barley, thyme, bay leaf and 2 cups warm stock; bring mixture to boil. Reduce heat and simmer until most of stock is absorbed, stirring frequently, about 5 minutes. Add remaining stock 1/2 cup at a time, allowing stock to be absorbed before adding more and stirring frequently until barley is tender, about 50 minutes.
3. Meanwhile, heat oil in another large nonstick skillet over high heat. Add mushrooms; sauté until beginning to brown, about 3 minutes. Stir in garlic and kale. Reduce heat to medium; cover and cook until mushrooms are tender, stirring occasionally, about 3 minutes. Season with salt and pepper. Spoon risotto into bowls, sprinkle with parmesan, and serve immediately.