



Creative Barley "Risotto"

Ingredients

VEGETABLES

- Thin drizzle of vegetable oil
- 1/2 butternut squash (2 cups or 350 g) peeled, cut into 1 cm cubes
- 1 tbsp (15 ml) vegetable oil
- 1 package (227 g) white mushrooms, thinly sliced
- Salt and pepper, to taste

BARLEY "RISOTTO"

- 2 tbsp (30 ml) vegetable oil
- 1 leek, finely chopped
- 2 garlic cloves, finely chopped
- 1 ½ cup (375 ml-325 g) pearled barley, rinsed and drained
- 4 cups (1 litre) chicken broth, sodium-reduced

GARNISH

- 200 g frozen small Nordic shrimp, cooked, peeled and cleaned
- Zest of ½ lemon
- ½ cup (125 ml) cheese, any kind, grated or crumbled
- 2 tbsp (30 ml) herbs, your choice, chopped
- Spices, seasonings and/or other ingredients, as desired
- Salt and pepper, to taste

YOU WILL NEED:

- medium saucepan
- cutting boards
- knives
- set of measuring spoons
- set of measuring cups
- wooden spoon
- peeler
- pastry sheet
- parchment paper
- large frying pan
- grater

Preparation

Preheat the oven to 475 °F.

VEGETABLES

- 1 Line a baking sheet with parchment paper and place the squash cubes on it. Drizzle with oil, salt and pepper.
- 2 Bake in the oven for 20-25 minutes.
- 3 Heat a large frying pan over high heat, pour in 1 tablespoon of vegetable oil.
- 4 Sauté mushrooms until browned. Season with salt and pepper.

BARLEY "RISOTTO"

- 1 Heat a medium saucepan over medium-low heat and add 15 ml (1 tbsp) of oil.
- 2 Sweat the leek for 3 minutes.
- 3 Add garlic and barley, cook 2 to 3 minutes, stirring.
- 4 Add **2 cups** (500 ml) chicken broth. Cook for 15 minutes, stirring regularly until broth is completely absorbed.
- 5 Add **2 cups** (500 ml) chicken broth. Cook for 10 minutes or until barley is cooked, stirring regularly. Add broth if necessary.

GARNISH

- 6 Add shrimp, lemon zest and vegetables to barley risotto. Mix and taste to determine seasoning and possibilities.
- 7 Add, as desired: cheese, an herb and/or spice, seasoning and/or condiment. Taste between each ingredient addition, adjust flavours and seasoning to achieve a good balance.



CHEF'S TIP: To speed up cooking, heat the broth before adding it to the barley.

DIETITIAN'S TIP: vary vegetables over the seasons. In spring, replace squash with asparagus, in summer with coloured pepper or eggplant.