

Barley Risotto w. Asparagus + Shiitakes

Ingredients

Step 1:

- 24 oz **asparagus**, Peeled and cut into 1.5 inch pieces

Step 2:

- 5 cups **vegetable broth**

Step 3:

- 2 tablespoon **olive oil**
- 2 bunches **scallions** (white and green parts), chopped (1.5 cups)
- 8 oz **shiitake mushrooms**, stems removed, caps thinly sliced

Step 4:

- 2 cups **quick cooking barley**

Step 5:

- 1 cup **dry white wine**

Step 7:

- 1 cup grated **parmesan cheese**
- **Salt** and **ground pepper**, to taste

Directions

Step 1:

- Steam asparagus until just tender (2-3 minutes) and then set aside.

Step 2:

- Bring broth to a simmer in saucepan, keep warm.

Step 3:

- Heat oil in heavy pan over medium heat.
- Add scallions and shiitakes and cook, stirring occasionally. (3-4 minutes)

Step 4:

- Add Barley and stir for 1 minute.

Step 5:

- Add wine and stir until evaporated, about 1 minute.

Step 6:

- Add about 1/2 cup of hot broth and cook, stirring frequently until most of the liquid has been absorbed. Repeat until the barley is tender and the mixture is slightly saucy. (takes about 10 minutes)

Step 7:

- Remove from heat and stir in parmesan cheese and asparagus.