

Black Trumpet Mushroom Risotto

Serves 4



Mushrooms

- 10–12 g dried black trumpet mushrooms
- 400 ml hot water (for soaking)

Risotto Base

- 2 Tbsp unsalted butter
 - 1 Tbsp olive oil
 - 150 g onion, finely diced
 - 1 clove garlic, minced (or 1 tsp tube garlic)
 - 280 g Arborio or Carnaroli rice
 - 120 ml dry white wine
 - 900–1100 ml low-sodium chicken or vegetable stock, kept warm
- Include strained mushroom soaking liquid in this total*

Finishing

- 50–70 g Parmesan cheese, finely grated
- 1–2 Tbsp unsalted butter
- ½ tsp lemon zest
- Freshly ground black pepper
- Salt (adjust at the end)
- 1 Tbsp chopped fresh parsley

Optional Vegetable Addition

- 150–200 g asparagus, sliced 2 cm
- (or winter substitutes: broccoli florets, spinach, green beans)*

Instructions

1. Rehydrate the mushrooms

- Soak dried mushrooms in 400 ml hot water for 20–30 minutes.
- Lift mushrooms out; strain soaking liquid through a coffee filter to remove grit.
- Add strained liquid to warm stock.

2. Begin the risotto

1. Heat butter + olive oil in a heavy pot over medium heat.
2. Add onion; cook 6–7 minutes until soft.
3. Add garlic; cook 30 seconds.
4. Add rice and stir 1–2 minutes until glossy.

3. Deglaze

1. Add white wine; cook until mostly evaporated.

4. Add mushrooms and cook

1. Stir in rehydrated mushrooms.
2. Add warm stock one ladle at a time, stirring often.
3. Cook 18–20 minutes until creamy and al dente.

5. Finish

1. Stir in Parmesan, butter, lemon zest, and parsley.
2. Add asparagus or other vegetable.
3. Adjust salt and pepper.

Serve immediately.

Nutrition (Per Serving & Total Dish)

(Calculated for: 280 g Arborio rice, 10 g dried mushrooms, 50 g Parmesan, 3 Tbsp total butter/oil, onion, wine, stock)

Per Serving (¼ of recipe)

Kcal: **485** | Protein: **13.4 g** | Fat: **18.7 g** | Sat Fat: **10.4 g** | Carbs: **61.2 g** | Sugars: **3.7 g** | Fiber: **1.7 g** | Sodium: **≈420 mg** | Omega-3: **trace**

Total Dish (entire recipe)

Kcal: **1,940** | Protein: **53.6 g** | Fat: **74.8 g** | Sat Fat: **41.6 g** | Carbs: **245 g** | Sugars: **14.8 g** | Fiber: **6.8 g** | Sodium: **≈1,680 mg** | Omega-3: **trace**

Protein Pairing Suggestions (Guest-Friendly)

1. Herb-Roasted Chicken Thighs

- Season: salt, pepper, thyme, rosemary
- Roast: 200°C × 25–30 min
- Slice and serve beside the risotto.

2. Pan-Seared Salmon

- Crisp skin side first, finish with lemon.
- Rich enough to balance mushroom umami.

3. Pork Sauté (薄切り豚ロース)

- Dust lightly in flour; sear in butter/olive oil.
- Deglaze with white wine + lemon.