

Creamy Canadian Barley Risotto

Topped with micro greens and drizzled with a garlic, parsley & olive oil emulsion



Canadian Barley Risotto

Bring the stock to a boil in a large pot, add in barley and season with salt. Simmer on low to medium heat for 2 hours or until the barley has become soft. Add water during the cooking process if the liquid evaporates too quickly.

Strain the barley using a colander. Discard the cooking liquid, then put the cooked barley back in the pot and set aside.

Wash and trim the mushrooms, then sauté them in olive oil and season. Cook mushrooms for about 5 minutes, then transfer them to the pot containing the barley. Add the cream and simmer the barley at a very low heat until the mixture has become thick and creamy. Remove from the heat and add Parmesan. Check seasoning and serve immediately.

Garlic, Parsley & Olive Oil Emulsion

Place all the ingredients in a high-speed blender. Blend on a high speed until very smooth. Refrigerate.

PLATING

Spoon the risotto in the centre of a soup plate. Drizzle some garlic, parsley & olive oil emulsion on top and finish with shaved Parmesan. Garnish with seasoned micro greens.

Serves 4

Canadian Barley Risotto

2 litres	8½ cups	vegetable stock
454 g	2 cups	dry organic barley
to taste		salt, coarse
240 g	1 cup	shimeji (oyster) mushrooms
30 ml	2 Tbsp	extra virgin olive oil
450 ml	2 cups	33% heavy cream
7 g	1½ tsp	pepper, ground
120 g	½ cup	Parmesan cheese, grated

Garlic, Parsley & Olive Oil Emulsion

2		garlic cloves, peeled
90 ml	⅓ cup	extra virgin olive oil
to taste		sea salt, fine
30 ml	2 Tbsp	lemon juice
60 g	¼ cup	fresh parsley, trimmed

The Canadian barley—used in this twist on an Italian classic, is cultivated on the farms of Alberta.



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