

Wild Mushroom Quinoa “Risotto”

Recipe 293 of 365

Cooking risotto has a comforting pattern: first you sweat the onions in butter or olive oil. Then you add the grains, often toasting them just a bit, then wine or stock, and whatever vegetables you’re using. Then the whole thing gets impregnated with butter and cheese, so that when the grains hit your tongue, they slide across each other, rich with flavor.

Here’s a version made with quinoa – it allows you to skip the stirring part of risotto, but adds protein, and still provides the unctuous mouth feel that makes mushroom risotto, made with fragrant wild mushrooms, such a cornerstone of fall food.

TIME: 25 minutes total

MAKES: 4 servings

3 tablespoons unsalted butter
1 large shallot, finely chopped
Salt and freshly ground pepper
1 tablespoon olive oil
1 pound wild mushrooms, such as chanterelle, oyster, or porcini, cleaned and chopped
1 cup raw quinoa
2 cups homemade chicken stock
2 ounces goat cheese, crumbled

Heat a large skillet over medium heat. Add 1 tablespoon of the butter. When the butter has melted, add the shallots, season with salt and pepper, and cook, stirring occasionally, for 5 minutes. Add the olive oil and mushrooms, season again, and cook for another five minutes, or until mushrooms have begun giving off their water. (You can prepare the dish up to this point and set aside for an hour or two, or refrigerate overnight.)

Add the quinoa and the chicken stock, stir, and bring the mixture to a simmer. Cook at a bare simmer, covered, for 10 minutes, or until all the liquid has been absorbed. Stir in the remaining 2 tablespoons butter (you can skip this, if you insist) and the goat cheese until both have melted, season to taste, and serve hot.