

Baked Barley Risotto with Mushrooms and Carrots

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Adapted by Donna Walsifer

Total Time: 45 minutes

Yield: 4 servings

Ingredients

3 tablespoons extra-virgin olive oil

½ small white or yellow onion, finely chopped (about ½ cup)*

5 garlic cloves, thinly sliced

1-pound mixed mushrooms, such as white button, cremini and shiitakes, halved if small, quartered if large (about 7 cups total)

Salt and black pepper

10 ounces pearl barley (about 1½ cups)

1 medium carrot, very thinly sliced into rounds (about 1 cup)

¼ cup dry white wine

2 ounces grated Parmesan (about ½ cup), plus more for serving

2 tablespoons unsalted butter

¼ cup chopped chives

Preparation

1. Heat oven to 425 degrees. In a large Dutch oven or heavy pot, heat 2 tablespoons oil over medium. Add onion and garlic*, and cook, stirring occasionally, until softened, about 3 minutes. Add mushrooms and remaining 1 tablespoon oil, and season with salt and pepper. Cook, stirring occasionally, until mushrooms start to soften, about 3 minutes.
2. Stir in barley, carrot and 4½ cups water*, and bring to a boil over high heat. Cover, transfer to the oven and bake until barley is tender and chewy and almost all of the liquid is absorbed, about 30 minutes.
3. Stir in Parmesan and the butter until slightly thickened and creamy. Season with salt and pepper.
4. Divide among shallow bowls. Sprinkle with chives and more Parmesan, to taste.

SUBSTITUTIONS

1. Sauté mushrooms first to release excess moisture; add onion and garlic.
2. After adding the barley and carrot, deglaze the pan with dry white wine then add your liquid. You can substitute water for chicken or vegetable stock
3. Leeks for white or yellow onion.
4. Add Parmesan rinds to risotto for extra flavoring.
5. Risotto may require additional cooking time. Remove lid and let it cook until barley is cooked and liquid is absorbed. When I made by risotto, I did have a small amount of liquid left in pan after barley was cooked.