

BARLEY & BC CORN RISOTTO



Yields:

5 L or 20 x 250 mL servings

INGREDIENTS

Barley	1 L
Medium Red Onion, minced	1
Celery, stalks minced	2
Medium Carrot, minced	1
Garlic Cloves, minced	8
Frozen Corn, thawed	1 L
Medium Red Pepper, minced	1
Seasoned Salt	5 ml
Whole Black Peppercorns	30 turns grinder
Vegetable Stock	1.5 L
Parsley, minced	1 bunch
Parmesan Cheese, grated	50 ml

DIRECTIONS

1. Cook barley in boiling water for 7 minutes. Strain, rinse well and set aside (barley will be cooked 50%)
2. Sweat off onions, celery, carrot, garlic and corn.
3. Add dry spices and cook for 2 minutes.
4. Add barley and half of the vegetable stock. Cook over low heat until the liquid is almost gone.
5. Add remaining stock and cook until dry. Add more stock or water if needed until barley is cooked.
6. Add parsley and cheese 5 minutes before serving.