



## Farro grain risotto with poached salmon

### Shopping list:

- 500grams farro grain
- 200grams diced Atlantic salmon
- 1 brown onion, finely diced
- 1 carrot, finely diced
- 3 field mushrooms, finely diced
- 1 red capsicum, finely diced
- 150 grams grated parmesan
- 50gram unsalted butter
- Vegetable oil
- Sea salt and cracked black pepper
- Handful of baby spinach
- ½ bunch chopped thyme
- 1/2 bunch chopped parsley
- 1.5 litres of fish stock or water

### Method:

1. In a non-stick fry pan on medium heat with the a little vegetable oil fry the farro grain until it is golden brown, then add the diced vegetables.
2. Ladle by ladle add the stock to the grains, cooking out the liquid each time before adding the next ladle.
3. Continue this until the rice is just over half cooked then add the diced salmon and continue cooking the grains until they are tender with just a little resistance.
4. Add the grated parmesan and the unsalted butter to the grains along with one extra ladle of stock, and whip this in with a wooden spoon.
5. Finally add the chopped herbs and baby spinach.
6. Serve immediately.

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