



Organic kialla barley risotto

Shopping list:

- 1kg organic kialla barley
- 1 brown onion
- 1 carrot
- 1 zucchini
- 1 sweet potato
- 1 desiree potato
- ½ bunch chopped parsley
- ¼ bunch chopped fresh thyme
- 1 tablespoon garlic and ginger paste
- 1.5 litres chicken stock, hot
- 4 tablespoons grated parmesan cheese

Method:

1. Finely dice all the vegetables and gently fry them in a large pot or deep sided fry pan together with the garlic and ginger paste until they have softened.
2. Add the organic kialla barley and cook for a further 3 minutes.
3. Slowly add the chicken stock ladle by ladle continuously stirring so that the barley does not stick to the bottom of the pan.
4. Once the barley is cooked through and does not have any resistance, add the parmesan cheese, chopped herbs and 2 ladles of stock. Turn off the heat and put a lid on and let stand for 5 minutes.
5. Serve as a side for grilled meats or as a meal on its own.
6. Use smoked chicken or shaved ham and salami to spice it up.

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