

# Mushroom Buckwheat Risotto

Serves 4-6 people

## Ingredients

6 tbsp butter

8 oz mushrooms (cremini, button, or shiitake or a blend of all), sliced

1 small yellow onion or ½ medium, diced

½ tsp Herbs de Provence (Italian herbs are fine)

3-4 cloves garlic, minced

¼ cup dry red wine

2 cup dry Buckwheat groats, soaked and rinsed thoroughly

32 oz Bone broth or stock (any type), divided

1 ½ tsp salt

½ tsp black pepper

½ cup Italian parsley, chopped

9 oz shaved aged parmesan, reserve 1 oz for garnish

Truffle oil, for drizzling

## Preparation

In medium-sized Dutch oven or similar pot, heat pan on medium-high heat. Add butter. Once butter starts to foam add mushrooms, stir once then spread out and brown; 2-3 minutes. Stir then add onions and herbs. Cook for 2 minutes or until onions become translucent. Add garlic and cook for 30 seconds, then deglaze with red wine; making sure to scrape the bottom of pot for any brown bits.

Add buckwheat and ½ the bone broth, salt and pepper, and stir. Cover and turn heat down to low. Simmer for 15-20 minutes, stirring periodically. Replace lid and cook for additional 12-15 minutes or until buckwheat has softened and a creamy consistency. Stir in parsley and parmesan. Drizzle with truffle oil and garnish with shaved additional parmesan.

## WINE PAIRING:

**Cabutto Nebiolo Langhe DOC**

**Link to wine:** <https://www.abcfws.com/product/136055>

**About this wine:** Ruby red with orange hues, refined, reminiscent of raspberry and violet.