



WILD MUSHROOM & BARLEY RISOTTO WITH SWISS CHARD

Recipe courtesy of Corrie Beezley

This comforting winter dish not only is robust in flavor and a perfect match with **Peju's 2006 Cabernet Franc**, but full of heart healthy and disease fighting nutrients. Barley, a whole grain, is chalk full of fiber and selenium and a good source of phosphorus, copper and manganese. A dark green leafy vegetable, Swiss chard is an excellent source of phytonutrients (particularly anthocyanins), fiber and most vitamins and minerals like Vitamins A, K and C and calcium. Low in calories and sodium, mushrooms are a rich source of potassium, riboflavin, niacin and selenium.

- 1 cup uncooked pearl barley
- 2 cups water
- 4 cups Wild Mushroom Vegetable Stock
- 2 Tbsp olive oil
- ½ cup minced shallots
- 2 cups thinly sliced mixed wild mushrooms (such as Porcini, Shiitake, Black & Oyster mushrooms)
- 2 tsp Kosher salt
- ½ cup finely chopped, rehydrated dried mixed wild mushrooms
- 2 cups chiffonade Swiss chard
- 1 cup grated Parmesan cheese
- 2 Tbsp unsalted butter
- Freshly ground black pepper and Kosher salt
- Shaved Parmesan cheese

Soak the barley in the water for 2 hours, then drain. Bring the Wild Mushroom Vegetable Stock to a simmer in a small saucepan. Heat the olive oil in a large saucepan over medium heat. Add the shallots and cook until tender, about 2-3 minutes. Add the mushrooms and salt. Cook for 3 minutes. Add the rehydrated mushrooms, Wild Mushroom Vegetable Stock and barely. Bring to a boil, then reduce the heat and simmer for 25 minutes or until most of the liquid is absorbed, stirring occasionally. Remove from the heat and stir in the Swiss chard, Parmesan and butter. Season with pepper and salt to taste. Garnish with shaved Parmesan cheese. Yield: about 8-2/3 cup servings.



WILD MUSHROOM VEGETABLE STOCK

- 1 cup dried mixed wild mushrooms (such as Porcini, Shiitake, Black & Oyster mushrooms)
- 2 cups hot water
- 2 cups chopped onion
- 1 ½ cups fresh or canned tomatoes
- 1 cup chopped celery
- 1 cup chopped carrot
- 10 garlic cloves, crushed
- ¼ tsp whole black peppercorns
- 3 thyme sprigs
- 3 parsley sprigs
- 1 sage sprig
- 1 bay leaf
- 1 cup **Peju Cabernet Franc** wine
- 6 cups cool water

Combine the mushrooms and hot water in a medium bowl; cover and let steep for 20 minutes. Drain the mushrooms in a colander over a bowl, reserving the liquid. Finely chop ½ cup of the rehydrated mushrooms and reserve for the risotto. Place the remaining mushrooms in a large saucepan and add the reserved mushroom liquid. Add the onion and the remaining ingredients. Bring to a boil over medium heat; reduce the heat and simmer for 45 minutes. Strain and reserve the liquid. Yield: 4-5 cups stock.

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