🍴 VEGAN MUSHROOM RISOTTO 🍴

Prep Time: 20 min **| Cook Time:** 35 min **| Servings:** 4 **| Difficulty:** Easy **| Diet:** Vegan, Gluten-Free

Ingredients

For the Vegetable Broth
- 2 liters (8 cups) water
- 2 carrots
- 3 celery stalks
- 1 onion
- A handful of mushrooms (any kind)
- 2 teaspoons salt

For the Vegan "Parmesan"
- 2 tablespoons almonds
- 2 tablespoons cashews
- Fresh parsley, to taste
- A small piece of chickpea based vegan cheese, to grate

For the Risotto
- Extra virgin olive oil
- 1 onion
- ½ cup dry white wine
- 320 g (about 1¾ cups) risotto rice
- 2 tablespoons plant-based cream
- 1 tablespoon extra virgin olive oil

For the Mushrooms
- 1 garlic clove
- Extra virgin olive oil
- 500 g (about 1 lb) mixed mushrooms
- Salt, to taste

How to make step by step

1 - Prepare the Vegetable Broth
- Place the water, onion, carrots, celery, a few mushrooms, and salt in a saucepan
- Bring to a boil, then let it simmer gently for at least 30 minutes
- Keep the broth warm while preparing the risotto

2 - Make the Vegan "Parmesan"
- Place the chickpea-based vegan cheese, cashews, almonds, and parsley in a food processor
- Blend until you get a fine, crumbly texture
- Set aside

3 - Cook the Mushrooms
- Clean the mushrooms thoroughly and slice them if needed
- Heat a drizzle of extra virgin olive oil in a pan with the garlic clove
- Add the mushrooms, season lightly with salt, and cook over low heat for about 10 minutes, stirring often
- Set aside

4 - Prepare the Risotto Base
- Finely chop the onion
- Gently sauté it in a wide, high-sided pot with a drizzle of extra virgin olive oil
- Do not let the onion brown; if needed, add a little warm broth

5 - Toast the Rice
- Add the rice to the pot with the onion
- Toast it over medium heat for a few minutes, stirring constantly

6 - Deglaze with white Wine
- Pour in the white wine
- Let the alcohol evaporate completely

7 - Cook the Risotto
- Add the hot broth one ladle at a time
- Stir often and wait for the liquid to be absorbed before adding more
- Halfway through cooking, add the sautéed mushrooms
- Continue cooking until the rice is al dente

8 - Vegan Mantecatura (Creaming)
- Turn off the heat and adjust salt if needed
- Stir in the plant-based cream and extra virgin olive oil
- Add two tablespoons of vegan "Parmesan" and mix gently until creamy

9 - Rest and Serve
- Cover the risotto with a lid and let it rest for a couple of minutes
- Serve with freshly ground black pepper and extra vegan "Parmesan," if desired

👉 Video recipe: https://youtu.be/6ch2dVc9iyY

💡 Tips & Variations

✔ **Choose the right mushrooms for depth of flavor:** Use a mix of fresh mushrooms such as button, cremini, or porcini to build a richer taste. If using dried mushrooms, rehydrate them thoroughly.

✔ **Adjust the vegan mantecatura to your taste:** For extra creaminess, slightly increase the vegan cream or add an additional tablespoon of extra virgin olive oil off the heat. Always finish the risotto away from direct heat to keep it smooth and well balanced.

✔ **Add an aromatic or crunchy finish:** Fresh herbs like thyme or rosemary add a fragrant note, while lightly toasted nuts provide a pleasant contrast in texture and elevate the final dish.