

# Parmesan risotto with mushrooms

Cuisine: Italian

Food category: Side dishes



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Company: Retigo



## Program steps

Preheating: 175 °C

1 Combination 50 % Termination by time 00:30 hh:mm 160 °C 100 %

## Ingredients - number of portions - 10

Name	Value	Unit
olive oil	0.1	l
shallot	0.25	kg
garlic	0.02	kg
arborio rice	0.8	kg
vegetable broth	1.2	l
dry white wine	0.3	l
salt	0.02	kg
whipped cream 33%	0.35	l
parmesan cheese	0.1	kg
butter soft	0	kg

## Directions

Saute shallots with a clove of garlic in olive oil. Pour in the Arborio rice into a full gastro container, add fried shallots, 3 dcl of white wine and 1.2 l of vegetable stock or hot, well-salted water. Cover with a lid and place in the convection oven. After cooking, mix with cream and parmesan or butter according to taste to soften.

## Nutrition and allergens

Allergens: 7

Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn

Vitamins: A, B, C, D, E, K

Nutritional value of one portion	Value
Energy	337.5 kJ
Carbohydrate	67.3 g
Fat	3 g
Protein	9.7 g
Water	0 g

## Recommended accessories

