

Sorghum 'Risotto' with Mushrooms & Walnuts

SERVES 6

- 1 CUP WHOLEGRAIN SORGHUM
- 1 LITRE WATER
- 2 TBSP BUTTER
- 1 ONION, FINELY CHOPPED
- ¼ CUP CHOPPED WALNUTS
(PECANS, ALMONDS OR PINE NUTS
WOULD BE GOOD TOO)
- 2 CUPS AMAKHOWE WILD MUSHROOMS
(OR ANY OTHER FAT FLESHY
MUSHROOMS), SLICED
- 3 GARLIC CLOVES, CRUSHED
- 1 TSP FRESH THYME
- ½ CUP GRATED PARMESAN, PLUS EXTRA
TO SERVE (1–2 TBSP PER SERVING)
- SALT AND PEPPER

Put the sorghum and water in a pot. Bring to the boil and then reduce heat and simmer, covered with a lid, until just soft and the outer shell has slightly burst, about 45–60 minutes. Add more water if it boils dry. Drain, rinse and set aside. In a large pan, heat butter over low heat.

Add the onion and the walnuts and cook slowly and gently until the onions are soft. Add mushrooms and garlic and cook gently until the mushrooms have turned golden brown, released their liquid and it has subsequently been reabsorbed or evaporated. Add thyme and cooked sorghum to the pan and warm through (this will take about 1 minute). Stir in cheese and season to taste with salt and pepper. Serve immediately with additional cheese on the side for sprinkling.

TIP: *Amakhowe* mushrooms grow wild in KwaZulu-Natal and the Eastern Cape. They have a delicious, rich, almost meaty flavor. Mushrooms in general have more protein than most other low-carbohydrate vegetables.

They are also a good source of selenium and vitamin D.

Allergens: nuts and dairy.

VALUES PER SERVING				
ENERGY	CARBOHYDRATE	PROTEIN	FAT	FIBRE
1087KJ	18,7G	14,4G	16,2G	2,6G
			UNSAT. FAT 8G	
			SAT. FAT 5,9G	