

Barley risotto with feta, chorizo and arugula pesto |

Recipe for 4 portions



Description

Pearl barley is the perfect replacement for the arborio rice in this recipe flavored with chorizo and feta cheese and topped with a an arugula pesto that gives all its flavor to the risotto once it gets mixed up.

Note

It is advantageous to precook the pearl barley as it has quite a long cooking time.

Ingredients

For the risotto

- 250 Gr Pearled barley
- 200 Ml White wine
- 1 Liter(s) Chicken stock
- 1 Unit(s) Red onion
- 100 Gr Spanish chorizo
- 100 Gr Feta cheese
- 50 Gr Pitted kalamata olives

- Butter
- Salt and pepper
- Olive oil

For the arugula pesto

- 30 Gr Arugula salad
- 25 Gr Parmigiano reggiano
- 15 Gr Pine nuts
- 1 Clove(s) Garlic
- 25 Ml White balsamic vinegar
- 75 Ml Olive oil

- Butter
- Salt and pepper
- Olive oil

Preparation

- Preparation time **30 mins**

General preparation

Brown the pine nuts in a dry frying pan or in the oven. Chop the red onion. Crumble the feta cheese. Cut the olives into pieces. Cut the chorizo into dice. In plenty of boiling water, cook the barley 12 minutes. Drain well and rinse with cold water.

Arugula pesto preparation

In a food processor, place all ingredients: roasted pine nuts, rocket (keep a few leaves for garnish), Parmesan, garlic and olive oil. Mix well to obtain a homogeneous texture. Season with salt and pepper, finish with a dash of white balsamic vinegar and set aside.

Risotto preparation

In a large pan with a drizzle of olive oil, sauté the red onion and chorizo over medium heat in oil 2 to 3 minutes. Stir in the pre-cooked barley pre-cooked and then deglaze with white wine. Finish cooking barley with chicken broth. Once the desired texture is obtained, add the olives and feta. Remove from heat and add some butter. Adjust seasoning with salt and pepper.

Dressage de votre assiette

Present your risotto in a bowl. Garnish with a little pesto and a few leaves of rocket. You can also decorate with a drizzle of reduced balsamic vinegar.

Bon appétit!