

## Mushroom Risotto (Serves 7-8)

### Ingredients

- 1 yellow onion, minced
- 1 clove of garlic, minced
- 400g risotto rice (arborio rice)
- 100ml white wine
- Salt
- Freshly ground black pepper
- 200g chestnut mushroom, clean and sliced
- A handful of fresh coriander, chopped
- Some lemon juice
- 4 tbsp butter and an additional of 3tbsp
- Olive oil
- 1.5ℓ low sodium chicken stock or vegetable stock
- Parmesan, grated



### Method

1. Heat up the stock and let it sit on a low heat.
2. In a pan, melt 4tbsp of butter with a bit of olive oil and fry the onion and garlic for about 3min until soft.
3. Keeping it on high heat, add in the mushroom and wait till mushroom softens and have a bit of a sear on it, sprinkle in salt and pepper.
4. Tip in the risotto rice and fry until glossy and a nutty flavour has come out.
5. Pour in the wine and let it bubble to nothing and evaporate.
6. Turn the heat down to medium heat and pour in 1½cup of stock. Simmer the rice, stirring often, until the rice has absorbed all the liquid.
7. Add the same amount of stock again and continue to simmer and stir - it should start to become creamy, plump and tender. By the final quarter of stock is added, the rice should be almost cooked.

8. Continue stirring until the rice is cooked. If the rice is still under cooked, add a splash of water. Take the pan off the heat, add the rest of the butter, some lemon juice, grated parmesan and chopped coriander.
9. Leave for a few min for the rice to absorb any remaining liquid. Give the risotto a final stir and serve with some extra parmesan grated over, if wanted.

## Spaghetti and Meatballs (Serves 7-8)

### Ingredients

- Salt
- Pepper
- Spaghetti – 4 packs (500g each)

For the sauce:

- 3 small onions – chopped
- 3 cloves of garlic – crushed
- Olive oil
- 3 tins of chopped tomatoes
- 2.5 tbsp caster sugar
- a few basil leaves chopped
- some chilli flakes

For the meatballs:

- 1kg of pork mince
- 1kg of beef mince
- 1 onion – finely chopped
- ½ a bunch of parsley – chopped
- About 85g of parmesan
- 100g breadcrumbs
- 2 eggs
- Olive oil



To finish:

- Some more parmesan and some torn basil leaves

### Method

1. Preheat oven to 200 degrees fan for the meatballs

Sauce:

2. Chop up the onions and the garlic for the sauce.
3. Sweat off the onions for around 20 mins until soft and add in the garlic for the last minute.
4. Then add the tinned tomatoes and sugar – simmer for 20 – 30 mins. Then add the basil, chilli flakes, salt and pepper – taste.

Meatballs:

5. Chop onions, parsley.
6. Add all ingredients to a bowl and squish together until just incorporated. – don't over mix
7. Form into small balls
8. Put them in a roasting tin, drizzle a bit of olive oil, shake, space them out evenly and put them in the oven for about 20 mins.
9. Put the spaghetti in boiling water 8 mins (one minute less than it says on the packet) before the meatballs are ready.
10. Drain spaghetti, twirl into the sauce. Place on a plate. Put the meatballs on top. Parmesan. Basil.

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## Gourmet Italian Cooking Class



Contents:

1. Creamy wine and mushroom risotto
2. Parmesan and parsley infused meatballs with spaghetti

