

# THE HAPPY VEGETARIAN

with Melanie Murugen  
RUC's Green Monday Champion

## A Bowl of Rice

I like rice dishes. They are versatile and are adaptable to most taste preferences. They are also very easily vegan-ed. I experimented with this Risotto dish and I have made it a few times now. I think it's a comforting make for a winter's day. And it's a good reason to stay in and listen to the rain. There is a Japanese proverb that says, "better than a banquet somewhere else is a good cup of tea and a bowl of rice at home". I couldn't agree more.

## Mushroom Risotto

1 very big red onion sliced  
3 teaspoons of chopped garlic (about 4 cloves)  
3 packs of mushrooms - portobellini  
1 pack shimeji mushrooms  
Salt  
Pepper

One cup of white wine or apple juice  
2 cups risotto rice  
2 litres of vegetable stock  
1/4 cup sliced spring onions  
Parsley to garnish

## Method

Sauté onions and garlic.  
Add mushrooms, salt and pepper.  
Sauté for about 8 minutes or so until brown and slightly tender.  
Set aside.

In pot, rinse and add arborio rice.  
Let it toast slightly.  
Add the wine and wait for the alcohol to evaporate.  
Add the stock, 250 ml at a time until the rice is cooked... this should take about 45 mins.

Then add mushroom mix to rice.  
Stir in spring onions or chives.  
Voila! Serve soonest.

