

Recept geschikt voor: 4 personen | **Moeilijkheid:**
Voorbereidingstijd: 20 min | **Bereidingstijd:** 30 min | **Totale bereiding:** 50 min

Bertyn producten: Veggie Protein Bloc - Natur Veggie Protein Bloc - Spelt Veggie Protein Bloc - Wheat

Bron: bertyn.eu | Chef: Stefano Vicinoadio | © Stefano Vicinoadio

Pearl barley risotto recipe with a creamy vegetarian seitan stew

Ingrediënten

- 1,5 Veggie Protein Blocs
- 200 g cashew nuts
- 1.5 L yeast-free vegetable stock
- 250 ml white wine
- 250 g pearl barley
- 3 cloves garlic
- 1 small onion
- 1 pinch fleur de sel (Amanprana)
- 1 pinch pepper
- 2 tsp seasoning mix (Amanprana ORAC Botanico mix)
- 4 tbsp coconut blossom sugar (Amanprana Gula Java Brut)

Bereiding

1. Soak the cashew nuts for at least four hours in 600 ml of cold water, then purée in a blender to form a cashew nut cream.
2. Peel the onions and garlic and cut into thin slices.
3. Fry half of the onions and garlic with the seitan until brown, add a little fleur de sel and pepper and remove from the heat.
4. Cover and set aside while you cook the risotto.
5. Fry the remaining onions and garlic in a little olive oil, add the pearl barley and cook without allowing it to change colour.
6. Deglaze the pot with the white wine, add half the cashew nut cream and cook, stirring continuously.
7. When the pearly barley starts to stick to the bottom of the pot, add some vegetable stock and continue to stir.
8. Repeat this process until the barley risotto is al dente.
9. Season to taste with a little fleur de sel, pepper and seasoning mix, and keep the risotto warm.
10. Return the seitan to the frying pan to reheat.
11. Deglaze the pan with a dash of white wine, then add the remaining cashew nut cream.
12. Allow to simmer until you have a nice creamy sauce.
13. Add the coconut blossom sugar and stir until dissolved.
14. Season to taste and serve with the risotto. Bon appetit!