

It's nice to think that a dish you associate with butter, cream and Parmesan can be just as enjoyable and indulgent when made with a few healthier alternatives. I use soy cream/creamer to give it that velvety smoothness. It has the same consistency as normal cream, and the slight difference in taste is undetectable in the risotto when seasoned properly. If you can find them in a farmers' market, buy the amazing 'trompettes de la mort' mushrooms (trumpets of death).

## wild mushroom & leek risotto

900 ml/3¾ cups vegetable stock/broth (make your own by covering carrots, onion, celery, bay leaf, parsley, thyme and a few peppercorns with water and simmering for ½ hour)  
extra virgin olive oil  
1 large onion, finely chopped  
2 leeks, chopped  
6 garlic cloves, finely chopped  
350 g/1¼ cups Arborio or Carnaroli rice  
glass of dry white wine (if you are trying to avoid alcohol sugar, this cooks off during cooking)  
sea salt and freshly ground black pepper  
200 ml/¾ cup soy cream/creamer  
300 g/10 oz. mixed wild mushrooms  
3 tablespoons finely chopped parsley

Serves 6–8

Bring and keep the vegetable stock/broth in a saucepan just under boiling point, ready to add into the risotto.

Heat 3 tablespoons oil in a heavy-based pan, add the onion and leeks and cook gently over low heat until they are completely soft and translucent. You do not want to colour them. Add 5 of the chopped garlic cloves, turn up the heat and stir for 1 minute. Add the rice, stirring frequently until the grains are completely covered in oil and beginning to turn translucent.

Pour in the glass of wine (it should steam and bubble) and season with a pinch of salt. Gradually add the hot stock a ladleful at a time, adding

another ladle each time the liquid has been absorbed by the rice.

When the stock is finished, stir through the soy cream/creamer and some pepper. Season to taste, then turn down the heat.

In a separate pan, warm a little oil over medium–high heat. Add the mushrooms and fry for 1–2 minutes until the mushrooms have softened and coloured a little.

Add the mushrooms to the risotto. Make a quick parsley oil by combining the chopped parsley with the remaining chopped garlic clove and as much oil as you like. Drizzle over the risotto and serve immediately.

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### Guilt-free because...

**Leeks** form part of the allium family of vegetables that also includes garlic and onions. This trio are collectively known for their heart health-promoting, anti-inflammatory properties. In particular, leeks have a high concentration of a flavonoid called kaempferol, which protects the blood vessels from free-radical damage. It achieves this by increasing the production of nitric oxide, which helps to relax and dilate the blood vessels, thereby reducing the likelihood of blood clots occurring. High levels of the polyphenol gallic acid also assist in the protection of the blood vessels.

