

Cheddar and Caramelized Onion Barely Risotto

DINNER

Ingredients

- 2 tbsp Truly Grass Fed Salted Butter
 - 1 onion, finely chopped
 - 2 garlic cloves, finely sliced
 - 10, 1/2 oz pearl barley
 - 3, 1/2 fl oz cider
 - 1 tsp chopped thyme
 - 33, 3/4 fl oz chicken or vegetable stock
 - 1 tsp Dijon mustard
 - 4 fl oz pouring cream
 - 3 oz Truly Grass Fed Sharp Cheddar, grated
 - Salt
 - Freshly ground black pepper
- Topping (optional)**
- 2 tbsp Truly Grass Fed Salted Butter
 - 3, 1/2 oz cherry tomatoes, on the vine
- Chive Butter (optional)**
- 3, 1/2 oz Truly Grass Fed Salted Butter, melted
 - 5 tbsp chives, roughly chopped
 - 4 tbsp Truly Grass Fed Sharp Cheddar, grated



Instructions

1. Heat a large saucepan over medium heat, then add butter. Once butter is foaming, add onion. Lower heat and cook for about 10 minutes, or until onions are caramelized and fully cooked.
2. Add garlic and pearl barley, stirring well.
3. Pour in cider, then add thyme and simmer for about a minute while stirring continuously.
4. Add stock, bringing to a boil. Then, reduce heat to a low simmer and let cook for 30-35 minutes or until all liquid is absorbed and barley is tender. Stir occasionally.
5. Stir in Dijon mustard, cream, and grated cheese, then remove from heat. Season with salt and freshly ground black pepper to taste.
6. Prepare the topping by heating more butter in a frying pan over medium heat. Add cherry tomatoes and season with salt and freshly ground black pepper. Sauté for about 7-8 minutes or until tomatoes burst slightly. Remove from heat.
7. Make the chive butter by adding chopped chives and melted butter to a blender. Blend until smooth, then season with salty and freshly ground black pepper to taste.
8. Serve risotto immediately. Option to top with cherry tomatoes, more grated cheese, and a drizzle of chive butter.



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