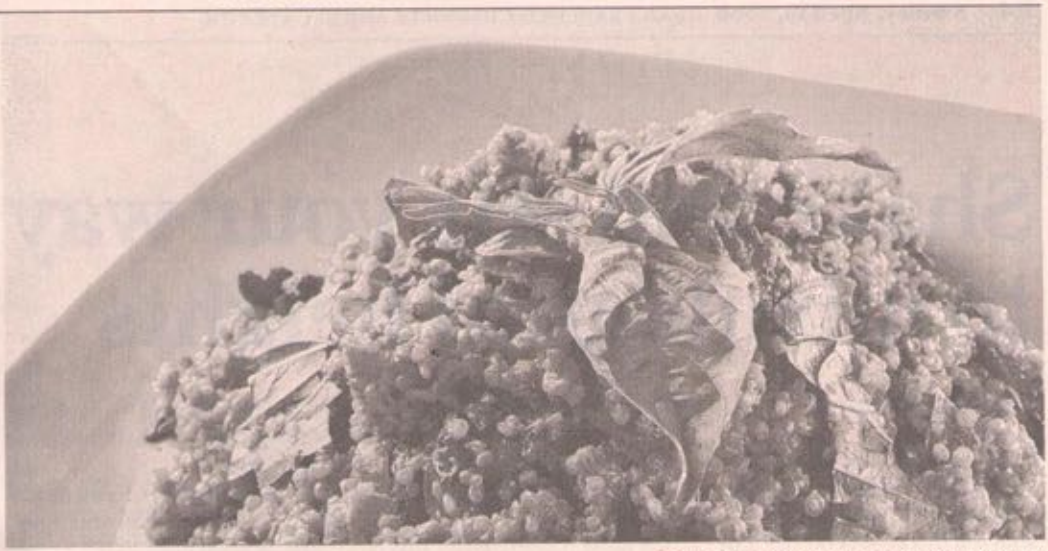

Eric Luse / The Chronicle; styled by Shannon Shafer

Wild Mushroom Quinotto

Serves 2 as a main course, 4 as a side dish or starter

- 1 cup quinoa
- 3 cups warm liquid (a combination of boiling water, low-sodium vegetable or chicken broth, and liquid used to rehydrate porcinis)
- ½ ounce dried porcini mushrooms, broken into small pieces and rehydrated (see Note)
- 1 tablespoon butter
- 8 ounces cleaned fresh mushrooms (cremini, shiitake, porcini, chanterelles, etc.) sliced or cut into bite-size pieces
- 1 onion, diced
- 3 cloves garlic, coarsely chopped
- 3 to 4 tablespoons sour cream, or as desired
- A grating of fresh nutmeg
- Several leaves fresh basil, shredded

Instructions: In a heavy nonstick frying pan over medium-low heat, lightly toast the quinoa until slightly golden, about 5 minutes. Pour in 1 cup of the liquid, stirring as you go. Add the rehydrated porcini, and stir frequently.

Meanwhile, melt the butter in a saute pan over medium-high heat, and add the fresh mushrooms and the onion, cooking until lightly browned and softened, about 10 minutes. Add the garlic about halfway through.

When the liquid has been absorbed by the grains, add more of the liquid a little at a time, continuing until the grains have absorbed it all and are tender but al dente, about 15-25 minutes total.

Stir in the mushroom mixture, sour cream and nutmeg; cover and remove from the heat.

Let stand for 10 minutes, then fluff with a fork, garnish with the basil and serve.

Note: To rehydrate porcinis, cover in boiling water and let soften 20-30 minutes; or you can boil them for about 5 minutes to rehydrate faster. You may use the rehydrating liquid to cook the quinoa, but make sure to strain the liquid through a coffee filter to remove any sand or residue.

Per serving: 495 calories, 17 g protein, 75 g carbohydrate, 16 g fat (7 g saturated), 30 mg cholesterol, 120 mg sodium, 8 g fiber.

Wine pairing: This is a straightforward, very mushroom-y dish that would do well with a light- to medium-bodied red wine offering slight loam or earth notes. Pinot Noir comes to mind, as do some of the red Languedocs recommended on Page E5.