



GFP “Groat-sotto”

Total time: 60 minutes

Total active cooking time: 20 minutes

Makes 4 servings

Ingredients

- 3C Chicken stock (or veggie stock)
- 1 ½ C Gluten-Free Prairie Groats
- 1TB extra virgin olive oil
- 1TB butter
- 1 medium onion, diced
- 1 medium carrot, diced
- 1 celery rib, diced
- 2 garlic cloves, minced
- 1 tsp fresh thyme
- ¼ C dry white wine
- 1 tsp salt (sea or kosher work best)
- ½ tsp ground black pepper



Directions

1. In a medium sauce pan bring stock to a boil, add groats, and bring back to a boil, cover and reduce heat to a simmer for 40 minutes.
2. Prepare your veggies and set aside.
3. After 40 minutes remove cover, stir, turn heat up to low and cook for an additional 15 minutes stirring occasionally (add a little water if the groats start to stick to the pan).
4. Heat a 12-inch skillet over med-high heat, add olive oil and continue to heat until it shimmers but not smokes. Add butter and let it melt completely.
5. Add onion, carrot, and celery. Cook until tender, about 10-15 minutes, stirring often.
6. Add garlic and thyme and cook for about 30 seconds stirring constantly.
7. Add groats and any remaining stock to the pan (this will create lots of steam so be careful). Stir until you can draw a wooden spoon through the groats and veggies without liquid filling the gap behind your spoon.
8. Add the wine and reduce the liquid until you can part the risotto in the pan like before. Finish off with salt and pepper.