

CAPTURE YOUR
Autumn Moments
IN SCOTLAND

Highland venison collops served on a bed of bacon and mushroom pearl barley risotto with Isle of Skye 8 Year Old Blended Scotch Whisky



Ingredients

- 50g golden sultanas
- 2 tbsp Isle of Skye 8 Year Old Blended Scotch Whisky
- 250g pearl barley, rinsed in cold water and drained through a sieve
- 2 tbsp olive oil
- 1 medium onion, chopped finely
- 1 medium leek (avoid too much of the dark green) chopped finely
- 100g streaky bacon, chopped into small pieces
- 50g pine nuts (optional)
- Zest of 1 large orange
- 2 heaped tsp of fresh lemon thyme, de-stalked
- Freshly ground sea salt
- and black pepper to season
- 750ml hot game, lamb or vegetable stock
- 250ml good quality red wine
- 50g slightly salted Scottish butter
- 250g assorted mushrooms;
- wild or cultivated, cleaned and roughly chopped
- 125ml single cream

Bacon & Mushroom Pearl Barley Risotto with Isle of Skye 8 Year Old Blended Scotch Whisky

Created by Shirley Spear, this is a delicious accompaniment to any meat or game dish – particularly good with seasonal Scottish lamb and Highland venison collops. Serves up to 8 people.

Method

- The night before, put the sultanas in a bowl and cover with Isle of Skye 8 Year Old Blended Scotch Whisky and leave to soak.
- Prepare the pearl barley by rinsing until the water runs clear and set it aside to drain.
- Heat the oil in a wide, heavy-based pan and add the pearl barley and turn it in the hot oil until it starts to colour pale brown. Add the onions, leeks and half the quantity of bacon and stir together with the barley, cooking over a gentle heat until soft.
- Add the whisky-soaked sultanas, pine nuts, orange rind, thyme and seasoning. Stir well before pouring in the hot stock, followed by the wine. Bring to the boil and simmer uncovered, until all liquid has been absorbed, and barley is plump and cooked “al dente”.
- Cool and store in the refrigerator, until required.

To serve

- Melt the butter in a large frying pan until beginning to foam. Add the remaining 50g of streaky bacon to the pan and cook until beginning to colour.
- Add the chopped mushrooms and turn in the hot butter and bacon over a medium heat. Lightly season with salt and pepper before adding approximately 2 heaped tbsp pearl barley risotto per person, to the pan.
- Stir in approximately 125ml single cream to the mixture to bind it together and give it a creamy rice risotto texture. Avoid adding too much cream and introducing too much liquid as the mushrooms will also produce their own juices while cooking.
- Once heated through completely, serve on each warm plate and place accompanying cooked meat on top. Serve with additional seasonal vegetables such as curly kale, savoy cabbage, bashed neeps, carrots or parsnips.