

Artichoke & Pumpkin Risotto with Fresh Sage & Goats Cheese



R & J Mazza
GLOBE ARTICHOKES

Ingredients

4 cups salt-reduced chicken stock,
2 tablespoons extra light olive oil,
40g butter,
1 leek, sliced,
2 cloves garlic, finely chopped,

1½ cups Arborio rice,
1/3 cup dry white wine,

200g artichoke hearts, sliced,
20 small fresh sage leaves,
300g butternut pumpkin, cut into
1.5cm cubes

1/3 cup parmesan cheese, grated,
Salt and cracked pepper, to taste,

50g goats cheese, crumbled,



Method

1. Heat chicken stock in a saucepan and bring to the boil. Reduce heat to keep warm.
2. Heat oil and butter in a pan on medium heat; add leek and garlic. Sauté until soft.
3. Add rice and coat well in oil/butter mixture until rice is hot. Add wine and enough chicken stock so the rice is covered in the liquid.
4. Once the mixture reaches boiling point, lower heat and simmer gently. Continue adding stock as needed once absorbed by the rice. Keep stirring, not allowing rice to stick to base of the pan.
5. Place pumpkin cubes in microwavable dish. Microwave for 3-4 minutes to soften.
6. Add artichoke hearts, butternut pumpkin and fresh sage leaves to the rice mixture. Add extra stock if necessary, and continue to simmer until cooked.
7. Add parmesan cheese and parsley. Season with salt and cracked pepper. Stir well and remove from heat.
8. Place in bowls and sprinkle with crumbled feta.

Serves 4-6

