

Artichoke Risotto with Wild Mushrooms



R & J Mazza
GLOBE
ARTICHOKES

Ingredients

4-5 cups salt-reduced chicken stock,
2 tablespoons extra light olive oil,
30g butter,
1 small onion, chopped,
2 cloves garlic, finely chopped,

2 cups Arborio rice,
1/3 cup dry white wine,
Juice from 1 lemon,

100g Shiitake mushrooms, sliced,
100g Oyster mushrooms, halved,
80g Enoki mushrooms, ends trimmed,
80g Shimeji mushrooms, ends trimmed,
100g Black Fungi mushrooms, halved,
250g artichoke hearts, sliced,

½ cup parmesan cheese, grated,
Salt and cracked pepper, to taste,
¼ cup parsley, chopped,



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 onion and sauté until almost cooked. Add garlic and 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. When mixture is creamy and rice is almost cooked, add Shitake mushrooms and lemon juice. Add extra stock if necessary. Simmer for a few minutes. Add artichoke hearts & remaining mushrooms and continue to simmer until cooked.
6. Add parmesan cheese and parsley. Season with salt and cracked pepper. Stir well and remove from heat.



Serves 6

