

Artichoke, Field Mushrooms & Bok Choy Soup



R & J Mazza
GLOBE ARTICHOKES

Ingredients

2 tablespoons olive oil,
1 tablespoons ginger, grated,
2 garlic cloves, crushed,
1 small leek, sliced thinly,
5-6 cups beef broth,
200g black fungus mushrooms, halved,
150g oyster mushrooms, halved,
150g shiitake mushrooms, sliced,
200g artichokes hearts, sliced,
200g baby bok choy leaves,
2 teaspoons sesame oil,
Salt & cracked pepper, to taste,
100g vermicelli rice noodles



Method

1. Heat oil in saucepan and add ginger, garlic and leeks. Sauté for 1 minute or until cooked.
2. Add mushrooms and artichokes and cook for a further 2 minutes.
3. Pour in broth and bring to the boil. Cook for 5 minutes. Add bok choy and simmer for a further 5 minutes or until cooked.
4. Put the rice noodles in a bowl. Pour in boiled water until covered. Stir with a fork to loosen noodles. Leave in water for 5-6 minutes stirring occasionally.
5. Drain noodles when soft and add to soup.
6. Season soup with salt and cracked pepper. Add sesame seed oil and stir. Remove from heat and serve.

Serves 4-6

