

# *Artichoke, Beetroot & Goat's Cheese*

## *Risotto with Pine Nuts*



*R & J Mazza*  
GLOBE ARTICHOKES

### **Ingredients**

3 fresh beetroots, washed  
1 tablespoon olive oil  
30g unsalted butter  
1 brown onion, chopped  
2 cloves garlic, finely chopped

1½ cups Arborio rice  
4 cups salt-reduced chicken stock  
1/3 cup dry white wine,

150g artichoke hearts, sliced  
100g pine nuts, roasted  
¼ cup parmesan cheese,  
Salt and cracked pepper, to taste,  
2 tablespoons parsley, chopped  
100g soft goat's cheese



### **Method**

1. Preheat oven to 180oC. Wrap beetroot in foil individually and roast for 45 minutes or until cooked. Remove from oven and cool. Chop into cubes.
2. Place stock in saucepan and bring to the boil. Reduce heat to keep warm.
3. Melt butter in saucepan and add onion. Sauté until onion is almost cooked. Add garlic and cook a further minute.
4. Add rice and coat well, stir until rice is hot.
5. Add wine and enough chicken/vegetable stock to cover rice. Bring to boil and then reduce heat and simmer. Stir occasionally to avoid rice sticking to pan. Continue adding stock to rice as needed once absorbed.
6. When rice is cooked add artichokes, beetroots and salt & pepper. Continue cooking on low heat for a further 1 minute.
7. Remove from heat and add parmesan cheese and parsley. Stir well. Place in bowls to serve, and top with goat's cheese and pine nuts.

**Serves 6**

