

# Artichoke, Ham & Asparagus Risotto with Goat's Cheese

R & J Mazza  
GLOBE  
ARTICHOKES



## Ingredients

30g unsalted butter  
1 brown onion, chopped  
2 cloves garlic, finely chopped

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

250g artichoke hearts, sliced  
300g fresh asparagus, chopped  
Juice from 1 lemon  
1 teaspoon lemon zest  
150g leg ham, chopped  
Salt and cracked pepper, to taste,

½ cup parmesan cheese,  
2 tablespoons basil-mint\*, chopped  
150g goat's cheese, crumbled



## Method

1. Place stock in saucepan and bring to the boil. Reduce heat to keep warm.
2. Melt butter in saucepan and add onion. Sauté until onion is almost cooked. Add garlic and cook a further minute.
3. Add rice and coat well, stir until rice is hot.
4. Add wine and enough chicken 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.
5. Add asparagus, artichokes, ham, lemon juice & zest and salt & pepper. Continue cooking on low heat until rice is cooked.
6. Remove from heat and add parmesan cheese and parsley. Stir well. Place in bowls to serve, and top with goat's cheese.

\*I used basil-mint because I could not obtain basil in mid-winter, but this could be substituted for basil or parsley.

**Serves 4-6**

