

Beef, Artichokes & Mushroom Risotto with Bok Choy



R & J Mazza
GLOBE ARTICHOKES

Ingredients

4 cups salt-reduced beef stock,
4 tablespoons extra light olive oil,
1 small onion, chopped,
2 cloves garlic, finely chopped,

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

250g eye fillet steak, thinly sliced,
150g Swiss Brown mushrooms, sliced,
100g Shimeji mushrooms, ends trimmed,
1 bunch baby bok choy (usually 3 per bunch)
200g artichoke hearts, sliced,

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



Method

1. Heat beef stock in a saucepan and bring to the boil. Reduce heat to keep warm.
2. Heat 2 tablespoons of oil in a pan on medium heat; add onion and garlic. Sauté until soft.
3. Add rice and coat well in oil until rice is hot. Add wine and enough stock to cover the rice 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 2 tablespoons of oil in a pan and heat. Add beef and brown. Set aside but keep it warm.
6. When rice mixture is creamy and rice is almost cooked, add mushrooms, artichoke hearts and beef. Add extra stock if necessary. Simmer for a few minutes to cook mushrooms and infuse flavours.
7. Add bok choy and cook for 1-2 minutes until bok choy is cooked.
8. Add parmesan cheese. Season with salt and cracked pepper. Stir well and remove from heat.

Serves 4-6

