

Ginger, Lemongrass, Crab & Artichoke Risotto



R & J Mazza
GLOBE ARTICHOKES

Ingredients

4-5 cups salt-reduced fish or vegetable stock,
2 tablespoons extra light olive oil,
25g butter,
1 small onion, chopped,
2 cloves garlic, finely chopped,
1 tablespoon ginger, peeled & grated,
2 cups Arborio rice,
1/3 cup dry white wine,
1 stalk lemongrass,
1/4 teaspoon ground cumin,
400g artichoke hearts, sliced,
300g cooked crab meat,
Juice and zest of 1 lime,
1/2 cup parmesan cheese, grated,
Salt and cracked pepper, to taste,
1/4 cup dill, roughly chopped,



Method

1. Heat 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 soft. Add garlic & ginger and sauté until soft.
3. Add rice and coat well in oil and butter mixture until rice is hot. Add wine and enough chicken stock so the rice is covered in the liquid.
4. Peel outer leaves on lemongrass and discard. With the back of the knife hit the lemongrass to soften it. Cut into 4 pieces and add to rice mixture. Add cumin powder.
5. 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.
6. When mixture is creamy and rice is cooked but firm, remove lemongrass.
7. Add crab, artichoke hearts, lime juice and zest. Season with salt and cracked pepper. Heat through.
8. Remove from heat, add parmesan cheese and dill. Stir well and serve.

Serves 6

