

Lemon, Artichoke & Salmon

Risotto with Chives



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,
2 cups Arborio rice,
1/3 cup dry white wine,
Juice and zest of 1 lemon,
250g artichoke hearts, sliced,
300g cooked salmon, flaked,
1/4 cup chives, chopped,
1/2 cup parmesan cheese, grated,
Salt and cracked pepper, to taste,
1/4 cup parsley, 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 garlic, sauté until soft.
3. Add rice and coat well in mixture until rice is hot. Add wine, lemon juice, lemon zest and enough stock so the rice is well covered 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. When mixture is creamy and rice is almost cooked, add salmon and artichoke hearts. Continue to cook until rice has softened.
6. Season with salt and cracked pepper. Add chives and parmesan, heat through until cheese melts.
7. Remove from heat, add parsley. Stir well and serve.

Serves 6

