

# Three Mushroom & Artichoke Risotto



R & J Mazza  
GLOBE  
ARTICHOKEs

## Ingredients

4-5 cups salt-reduced chicken stock,  
3 tablespoons extra light olive oil,  
25g butter,  
1 small onion, chopped,  
2 cloves garlic, finely chopped,  
250g Swiss brown mushrooms, sliced,  
200g Oyster mushrooms, halved,  
100g Enoki mushrooms, ends trimmed,  
2 cups Arborio rice,  
1/3 cup dry white wine,  
300g artichoke hearts, sliced,  
Juice from 1 lemon,  
1/2 cup parmesan cheese, grated,  
Salt and cracked pepper, to taste,  
1/4 cup parsley, chopped,



## Method

1. Heat chicken stock in a saucepan and bring to the boil. Reduce heat to keep warm.
2. Place 1 tablespoon oil in pan, and add Swiss mushrooms. Sauté until almost tender. Add Oyster mushrooms and sauté for a further minute. Set aside.
3. Heat remaining oil and butter in a pan on medium heat; add onion and sauté until almost cooked. Add garlic and sauté until soft.
4. 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.
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 almost cooked, add artichoke hearts, cooked mushrooms and lemon juice. Add extra stock if necessary. Simmer until rice is cooked but firm. Add Enoki mushrooms and heat through.
7. Add parmesan cheese and parsley. Season with salt and cracked pepper. Stir well and remove from heat.

**Serves 6**

