

Orange Duck, Artichoke, Mushroom & Spinach Risotto

R & J Mazza
GLOBE ARTICHOKES



Ingredients

4 cups salt-reduced chicken stock,
3 tablespoons extra light olive oil,
1 small onion, chopped,
2 cloves garlic, finely chopped,
1 cup Arborio rice,
1/3 cup dry white wine,
1/2 cup orange juice,
2 duck breasts, cooked, skinless and chopped,
250g artichoke hearts, sliced,
250g Swiss brown mushrooms sliced,
1 tablespoon orange zest,
150g baby spinach leaves,
1/3 cup parmesan cheese, grated,
Salt and cracked pepper, to taste,



Method

1. Heat chicken stock in a saucepan and bring to the boil. Reduce heat and keep warm.
2. Heat 2 tablespoons oil in a pan on medium heat; add onion and sauté until soft. Add garlic and sauté until cooked.
3. Add rice and coat well in oil mixture until rice is hot. Add wine, orange juice and enough chicken stock so the rice is 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 rice is almost cooked, add artichoke hearts, duck, mushrooms, and orange zest. Add extra stock if necessary. Continue to heat until cooked.
7. Add parmesan cheese, spinach leaves and season with salt and cracked pepper. Stir well.
8. Remove from heat and serve.

Serves 4

