

World Gourmet Summit 2006
Culinary Masterclass
Singapore Tourism Board, Auditorium

21 April 2006 / 9.30am to 11.00am

ARTICHOKE RISOTTO WITH AGED PARMESAN CHEESE
AND ROASTED CHICKEN JUS

Presented by:
Masterchef Antonin Bonnet

Serves 4

Ingredients:

Artichoke Risotto

30ml	Olive oil, divided
15g	Chopped garlic
30g	Chopped white onion
1	Bay leaf
1	Thyme sprig
200g	Rice vialone nano (50g per person)
	A splash of white wine
3ltr	Artichoke stock
4	Globe artichoke hearts, diced
15g	Butter
30g	Parmesan cheese, grated

Garnish

Macaux artichokes, sliced and deep-fried
Shaved parmesan cheese
Chicken jus and olive oil, to taste



Method

1. For the artichoke risotto: Heat 30ml of olive oil in a large sauté pan. Add in chopped garlic, onion, bay leaf and thyme. Sauté until onions are translucent, not brown. Add in rice, stirring to make sure grains are well coated with oil. Cook until grains turn translucent and add in a splash of white wine. Pour in artichoke stock to the rice and season with a pinch of salt. Keep stirring and adding stock as when it reduces. Add diced artichokes and finish with butter and grated parmesan cheese, stirring until creamy. Add more stock if preferred. Remove from the heat, pour in more olive oil if preferred and stir well.
2. To serve: Ladle risotto into a shallow serving dish; add artichoke crisps and shavings of parmesan cheese. And drizzle with chicken jus and olive oil over the risotto.