

MRF BEEF AND MUSHROOM RISOTTO



Serves 4

15 mins preparation time

105 mins cooking time

INGREDIENTS

- 600g chuck steak
- 400g (2 cups) Arborio rice
- 125ml (1/2 cup) dry white wine
- 1.5 L (6 cups) beef stock
- 2 tbsp. olive oil
- 2 brown onions
- 1 bunch asparagus, cut into 2cm lengths
- 60g baby spinach
- 400g mixed mushrooms, sliced
- 3 fresh marjoram springs and 1 extra tbsp. of leaves
- 1 bay leaf
- 2 garlic cloves, crushed
- Zest of 1 lemon
- Lemon wedges, parsley leaves, baby rocket leaves, to serve
- 1/3 cup (25g) finely grated pecorino cheese + extra to serve

METHOD

1. Place 1 chopped onion, marjoram, bay leaf and stock in a large saucepan and bring to the boil. Add beef. Reduce heat and simmer, covered, for 1 hour or until beef is tender.
2. Remove beef from cooking liquid with a slotted spoon. Coarsely shred beef. Strain cooking liquid into a medium saucepan and discard solids. Cover stock mixture to keep warm.
3. Heat half the oil in a large saucepan over medium heat. Cook remaining onion, stirring, for 5 mins or until softened. Add garlic and cook, stirring, for 1 min. Add rice and thyme leaves and stir to coat for 1 - 2 mins.
4. Add wine, bring to a simmer and stir until liquid has absorbed. One ladle at a time, add warm stock stirring constantly, and allowing stock to be absorbed before adding the next. Cook for 25 - 30 mins or until all stock has been used and rice is al dente, adding asparagus for final 5 mins. Remove from heat, add spinach and pecorino, season and stir with a wooden spoon. Cover and rest for 2 mins.
5. Meanwhile, heat remaining oil in a large non-stick frying pan over medium-high heat. Cook mushrooms, stirring, for 5 mins or until softened. Add mushrooms and beef to risotto and stir to combine.
6. Serve risotto topped with lemon zest, parsley and remaining pecorino, with lemon wedges and baby rocket leaves on the side.

TIPS

1. You can use any combination of different mushrooms.
2. Change up the cheese to taste. Use parmesan cheese instead of pecorino, and try thyme instead of marjoram.

