

Cauliflower Risotto | Grain & Dairy-Free

Swick

Serves 1 | Active Time: 40 minutes | Total Time: 40 minutes

Step 1: Making the Cauliflower Purée

- 3 cups cauliflower florets, approx 1/2 cauliflower
- 2 shallots, roughly chopped
- 2 cloves garlic, roughly chopped
- 1 tbsp non-dairy butter (optional)
- pinch of white pepper
- 1 to 1 3/4 cups stock

To make the cauliflower purée, place the cauliflower, shallots, garlic, butter and white pepper into a medium pot. Then, pour in just enough stock to cover the ingredients.

Bring the mixture up to a gentle boil, turn down the heat and let simmer for approximately 10 minutes, or just until the cauliflower is cooked through.

Once done, remove the solids and place them into a high-speed blender. Add just enough of the cooking liquid to cover the ingredients. Carefully blend until smooth—adding more cooking liquid as needed. You just don't want the mixture to be too thin. You can always thin it out later, if needed.

Set the purée aside while you prepare the rest of your mise en place.

Step 2: Preparing the Remaining Mise en Place

- 1 cup sm cauliflower florets
- 1 cup cauliflower 'rice' (approx. 1 1/2 cups cauliflower)
- 2 shallots, finely minced
- 1 cup cauliflower purée (from above)
- 1/2 to 1 cup stock, if needed

To prepare the cauliflower florets, using a knife, cut around the outer edge of the cauliflower, removing just the smaller outside florets. The florets should be quite small.

To prepare the cauliflower 'rice', place the cauliflower into a food processor and pulse until you reach a "rice-like" texture.

Peel and finely mince the shallots and set aside.

Lastly, gather the cauliflower purée and stock.

Step 3: Cooking & Serving the Risotto

- 1 tbsp oil (optional)
- 1/4 cup vermouth or white wine
- zest and juice from 1 lemon, for garnish
- 1 1/2 tsp truffle oil, or to taste
- sea salt, to taste
- freshly ground black pepper
- 2 tbsp toasted pine nuts, roughly chopped (optional)
- chile flakes, for garnish (optional)

To cook the risotto, heat a large fry pan over medium-low heat and add the oil. Then add the shallots and sweat until they are cooked through and translucent, about 5 to 10 minutes. Alternatively, dry-sauté the shallots.

Next, add the vermouth and let reduce and evaporate. Then, add the florets and cook for a 3 or 4 minutes, or until they just start to soften and cook through. At this point, add the cauliflower 'rice', cauliflower purée, lemon juice and half of the truffle oil. Let cook for a minute or two to heat through. If needed, adjust the thickness by adding a bit more cauliflower purée or stock. Lastly, taste for seasoning and add salt as needed.

To serve the risotto, ladle the mixture onto a plate and shake to flatten it out slightly. Drizzle each dish with a bit more truffle oil, add some freshly ground black pepper and sprinkle the top with some of the lemon zest.

Garnish with pine nuts and/or chile flakes, if desired. Serve immediately.