

Roasted Cauliflower Risotto

Serves 2-3 as a main course

3 cups cauliflower florets (about ½ a head), cut into bite size pieces
1 tablespoon olive oil
Salt, to taste
Freshly ground black pepper, to taste
4 cups less-sodium vegetable or chicken stock
3 tablespoons unsalted butter
1/3 cup cubed pancetta (about ¼-inch cubes)
1/3 cup finely chopped yellow onion
1/3 cup finely chopped celery
½ cup finely chopped cauliflower stem
1 garlic clove, minced
1 cup Arborio rice
½ cup dry vermouth or white wine
1 cup finely grated parmesan cheese
¼ cup finely chopped flat leaf parsley

Preheat the oven to 400 degrees. Toss the cauliflower florets in the olive oil and season with salt and freshly ground black pepper. Spread the florets on a small baking sheet and roast for 20 minutes. Remove from the oven and set aside.

Heat the vegetable stock in a medium saucepan. Combine the butter and pancetta in a large pot. Heat over medium heat, stirring occasionally, until the pancetta is just beginning to crisp. Stir in the onion, celery, and finely chopped cauliflower stem and cook for 4 minutes or until just beginning to soften. Stir in the garlic and cook until fragrant, about 30 seconds. Stir in the Arborio rice and cook for three minutes until the edges of the grains are translucent.

Carefully add the dry vermouth and cook, stirring constantly, until all the vermouth is absorbed. Add the stock in ladlefuls stirring well after each addition. Don't add the next ladleful of stock until the first has been incorporated. When 2/3s of the broth has been added to the rice, add the roasted cauliflower florets and stir to incorporate. Add a ladle or two more of stock (you may not end up using all of it) until the rice is creamy, but the grains are still al dente. Stir in the parmesan cheese and season to taste with salt and pepper.

Cover and let sit for five minutes. Stir in the parsley and serve immediately.

This recipe came from *Minced* at www.mincedblog.com.