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# Mushroom Cauliflower "Risotto"

Caroline Cayaumazou, chef, Antoine's, San Clemente



## Servings: 6

1. In a large skillet or 3-quart saucepan, heat oil over medium heat. Add mushrooms, thyme, salt and shallot. Cook, stirring often, about 5 minutes, or until mushrooms are soft. Add garlic and cook for another minute only.
2. Add the cauliflower "rice" and stir well. Add soy sauce, cream, truffle salt and pepper to taste. Stir well and cook for a minute or two (longer if using Costco's cauliflower) until the cauliflower is cooked through, but not so long that it becomes mushy. Stir in parsley and serve immediately.

- 1 tablespoon EVOO
- 10 ounces Crimini mushrooms, sliced
- 3 1/2 ounces shiitake mushroom, sliced (discard stems)
- 1 teaspoon dried thyme
- 1/2 teaspoon kosher salt
- 1 large shallot, sliced
- 1 large garlic clove, chopped
- 1 pound cauliflower, in "rice" form (Trader Joe's or Costco)
- 4 tablespoons low-sodium soy sauce
- 2 tablespoons heavy cream
- Truffle salt and freshly ground black pepper to taste
- 3 tablespoons fresh parsley, chopped

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*Per Serving (excluding unknown items): 126 Calories; 5g Fat (29.1% calories from fat); 5g Protein; 20g Carbohydrate; 5g Dietary Fiber; 7mg Cholesterol; 587mg Sodium. Exchanges: 1 Grain(Starch); 1 1/2 Vegetable; 0 Non-Fat Milk; 1 Fat.*

**Carolyn T's Blog: [tastingspoons.com](http://tastingspoons.com)**