

# Saffron Risotto Cakes with Roasted Red Pepper Aioli

Carolyn T's  
Main Cookbook

Servings: 8

Author: From a cooking class with Phillis Carey



*Notes: The risotto cakes are a bit fragile, so handle them carefully. They're easier to handle once they're chilled.*

*Description: Delicious little side rice cakes/wedges, perfect to accompany shrimp or pork*

## RISOTTO:

**3 tablespoons unsalted butter**

**1 cup onion, diced**

**1 pinch saffron threads (large pinch)**

**1 cup Arborio rice**

**3 cups chicken broth**

**3/4 teaspoon salt**

**1/2 cup Parmigiano-Reggiano cheese, grated**

## CAKES:

**1 large egg, beaten slightly**

**1 cup dry bread crumbs, finely crushed (not Panko)**

**8 small basil leaves or sprigs for garnish**

**About 1/4 c olive oil**

## AIOLI:

**1 whole red bell pepper, roasted (or use small jar of canned)**

**1/2 teaspoon sugar**

**1/2 cup mayonnaise**

**1 pinch red pepper flakes**

**1 small garlic clove, minced**

**Blog: Carolyn T's Blog:**

**<http://tastingspoons.com>**

*Per Serving (excluding unknown items): 311 Calories; 18g Fat (51.3% calories from fat); 7g Protein; 32g Carbohydrate; 1g Dietary Fiber; 43mg Cholesterol; 696mg Sodium. Exchanges: 2 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 2 Fat; 0 Other Carbohydrates.*

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1. RISOTTO: Melt butter in a 3-quart saucepan over medium heat. Add the onions and cook, stirring occasionally, until soft and tender, about 8 minutes.

2. Meanwhile, bring the chicken broth to a simmer and keep near the risotto with a large ladle.

3. Add the saffron and rice to the onions. Cook and toss to coat the rice in the butter. Add the wine and simmer until most of the liquid has evaporated. Add one cup of heated broth to rice. Cook, uncovered, stirring constantly over medium or medium-low heat so the liquid continues to simmer; cook until nearly all the broth is absorbed. Add 3/4 cup more broth and cook that, stirring almost constantly, until it's absorbed. Add salt and cook the rice until it's tender, stirring constantly and adding more broth as necessary. Test rice and once it's cooked, remove from heat. Do not overcook.

4. Transfer the rice to a bowl and stir in the Parmesan cheese. Let cool for an hour or so, and up to 24 hours in the refrigerator.

5. CAKES: Stir the beaten egg into the rice and divide up the rice into 8 equal parts. The rice should be very sticky. (If you're doubling the recipe, you may not need double the amount of egg.) Form risotto cakes (flattish rounds, about 3/4 inch thick) and dredge both sides in bread crumbs.

Refrigerate the cakes on a parchment-lined baking sheet until cooking time, or up to 8 hours.

6. Heat about 1/4 inch of olive oil in a nonstick skillet over medium high heat. When oil is hot but not smoking add cakes (in batches if necessary), browning both sides well and heating cakes through, about 3-4 minutes per side. Transfer cakes to a rack to drain, or to paper towels to blot off excess oil.

7. AIOLI: Puree roasted red bell pepper in food processor with the sugar. Remove to a bowl and stir in the mayonnaise (do not put the mayo in the food processor or it will make it too thin). Refrigerate until ready to serve and up to 3 days.

8. Set a hot risotto cake on a plate with a dollop of the red pepper aioli. Garnish with a basil leaf or sprig.