Cauliflower, Low Carb, Mushrooms, Risotto, Vegetarian Dishes

Mushroom Cauliflower Risotto

Adapted slightly from Caroline Cayaumazou, chef, Antoine's, San Clemente



2 tablespoons EVOO
10 ounces Crimini mushrooms, sliced
3 1/2 ounces shiitake mushroom, sliced (discard stems)
1 1/2 teaspoons dried thyme
1/2 teaspoon kosher salt
1 large shallot, sliced
1 large garlic clove, chopped
1 pound cauliflower, cored, divided into florets
4 tablespoons low-sodium soy sauce
4 tablespoons heavy cream
1/3 cup low-sodium chicken broth
Truffle salt (optional) and freshly ground black pepper to taste
3 tablespoons fresh parsley, chopped
2 tablespoons pine nuts, toasted, for garnish

Per Serving (excluding unknown items): 138 Calories; 11g Fat (63.5% calories from fat); 5g Protein; 8g Carbohydrate; 3g Dietary Fiber; 11mg Cholesterol; 568mg Sodium; 3g Total Sugars; trace Vitamin D; 38mg Calcium; 1mg Iron; 518mg Potassium; 137mg Phosphorus. Exchanges: .

Carolyn T's Blog: tastingspoons.com

Servings: 6

1. In a food processor add the mushrooms and pulse until they're chopped (not to mush). Pour out into a bowl. Do the same for the cauliflower, pulsing until all the cauliflower is in small minced pieces. Remove any larger pieces and mince with a knife rather than continuing to pulse as it will make the cauliflower too small.
2. In a large skillet 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.
3. Add the cauliflower "rice" and stir well. Add soy sauce, cream, low-sodium chicken broth, truffle salt (if using) and pepper to taste. Stir well and cook for a minute or two until the cauliflower is cooked through, most of the liquid has evaporated, but not cooked so long that it becomes mushy. Taste the mixture frequently so you remove it from the heat before it's become too soft. Add more broth or cream to keep the almost creamy consistency. Serve immediately with parsley sprinkled on top and add pine nuts if you're using them.