



Build Flavor – Complement with Creamy Vegetable Sauces

Cauliflower Risotto Style

Classic recipe gets a healthy update

Creamy Cauliflower

20 ounces fresh cauliflower florets (1 lb.4 oz.)

2 Tablespoons olive oil

1 teaspoon honey

1/4 tsp. (each) salt' ground black pepper

2 Tablespoons almond butter

1 teaspoon lemon juice

1 garlic clove, minced

Pecan Topping and Cauliflower Risotto

3 strips smoked bacon, chopped

1/3 cup pecan halves

1/2 cup chopped onion

1-1/4 cup coconut milk or coconut cream

1/2 teaspoon salt; 1/8 teaspoon ground black pepper or to taste

1/4 cup grated Parmesan cheese

1/3 cup dried cherries or cranberries

2 Tablespoons minced chives

Prepare Cauliflower Rice: Place cauliflower florets in food processor a little at a time if your food processor is small. Process to form cauliflower rice-like texture. Remove 8 ounces of riced cauliflower to large bowl; set aside.

Cook Cauliflower: Place remaining rice cauliflower in microwave-safe bowl; cover; cook in microwave at high power for 2 minutes. Stir; remove from microwave; add olive oil, honey, salt, and black pepper. Cook in microwave at high power until lightly covered for 2 to 3 minutes or until tender. Add almond butter, lemon juice, and minced garlic. Return to food processor; process until it forms a soft thick consistency. Cool; stir thick cauliflower into reserved raw cauliflower rice. Set aside.

Cook Topping Ingredients: Place bacon in large skillet; cook over medium heat 5 to 7 minutes or crisp; remove to paper towel lined plate; crumble into small pieces when cooled. Stir pecans into hot bacon drippings; cook about 2 minutes to lightly toast; with slotted spoon, remove to paper lined plate. Watch carefully as pecans can burn quickly. Set Bacon Pecan Topping aside.

Prepare Cauliflower Risotto: Place onions in bacon dripping, sauté until softened about 2 minutes. Stir in cauliflower; cook over medium heat to combine, about 2 minutes; stir in 1-1/4 cup coconut milk; cook until hot; reduce to simmer; cook until desired consistency, about 4 minutes. Season with salt and black pepper to taste; stir in Parmesan cheese. If consistency is too thick, add several additional tablespoons coconut milk. It should have a creamy risotto consistency.

Prepare Topping: Add dried cherries or cranberries and chives to crumbled bacon mixture.

To Serve: Spoon cauliflower risotto on serving plate; spoon bacon topping over center of risotto. Sprinkle with additional minced chives as desired. Serve warm. Yield 4 servings

For Another Cauliflower “Risotto” – See Chef James Briscione, *The Flavor Matrix*, Recipe - Barley and Cauliflower “Risotto”

About the Recipe: Creamy cauliflower risotto highlights the magic that cauliflower creates when riced and combined with other ingredients. The cauliflower risotto is served with a crunchy bacon pecan topping that is dotted with sweet cherries or cranberries and minced chives. It uses almost the entire head of cauliflower and creates a main dish that is destined to be a hit with your family. One thing we know for sure is that cauliflower is a hands-down winning vegetable.