Pumpkin Risotto Cakes with White Truffle Cream

Yield = 6 servings

2 1/2 cups Vegetable Stock : Hot

2 tablespoons Olive Oil

1 each Onion : chopped small

1 cup Pumpkin Puree

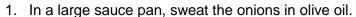
1 cup Arborio Rice (Risotto)
1/4 cup Dry White Wine
1 teaspoon Thyme - dried

1/4 teaspoon Nutmeg

1/4 cup Parmesan Cheese : Grated

1/4 cup Flour 2 tablespoons Olive Oil

4 tablespoons White Truffle Olive Oil 1/4 cup Non-Fat Cream Cheese



- 2. Add the pumpkin and rice and stir to coat the rice.
- 3. Add the wine, thyme and nutmeg, stir until it is absorbed.
- 4. Add 1 cup of the vegetable stock, continue stirring until the stock is absorbed, repeat with remaining stock (The rice should be fully cooked and have a creamy texture, this will take about 40 minutes).
- 5. Stir in the parmesan cheese. Season.
- 6. Transfer the rice to a baking sheet to cool.
- 7. Form the risotto into cakes and dust with flour.
- 8. Sauté the cakes until golden brown in the olive oil, transfer to a baking sheet and place into a 350°F.
- 9. Heat the cakes until they are hot throughout about 10 -15 minutes.
- 10. Mix the truffle oil with the cream cheese and serve with the risotto cakes.

360 Calories, 22g Fat, 34g Carbohydrates, 7g Protein, 6mg Cholesterol, 445mg Sodium

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