

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



1. In a large sauce pan, sweat the onions in olive oil.
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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Recipe courtesy of Chef Chris Crowley