

Cauliflower Risotto

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Ingredients

- 1 whole head of cauliflower or a bag of riced cauliflower
- 1 teaspoon olive oil
- 1 medium yellow onion, minced
- 5 cloves of garlic, minced
- 2 pinches of five-spice
- 1 ½ cups low sodium vegetable stock or water
- 2-4 tablespoons of butter
- ½ bunch, finely chopped
- Kosher salt and freshly ground black pepper to taste

1. If you are using a whole head of cauliflower rather than store-bought riced cauliflower, separate and cut off the stems. Buzz the stems into a food processor until you have rice-like pieces and then separately buzz the florets into rice-like pieces. Set aside.
2. In a large sauté pan, on medium heat add the olive oil and onion and sauté until the onions start to caramelize, about 8-10 minutes. Add the garlic and cauliflower and cook out the rawness, about 1 minute. Season with salt and pepper and the five-spice.
3. Slowly add the stock or water in ½ cup increments stirring until it is fully absorbed, it should take about 3-5 minutes each time. Keep adding the liquid in ½ cup increments until the cauliflower is fully cooked.
4. To make this a bit more decadent, add 2-4 tablespoons butter at the end. This is not necessary but highly recommended. Garnish with chopped chives and serve hot.