

No Rice Cauliflower Risotto

Source: www.abusynest.com

Ingredients:

- 1 head cauliflower, roughly chopped
- 1 tablespoon olive oil
- 1 shallot, minced
- 1/2 cup vegetable stock
- 2 tablespoons half-and-half or cream (optional)
- 1 tablespoon Italian parsley, chopped
- 1/4 cup Parmesan cheese, grated, plus more for shaving
- sea salt, to taste
- freshly ground pepper, to taste

Directions:

Pulse cauliflower in a food processor until it is completely chopped to the point that it looks like a grain of rice. Heat a saute pan over medium heat. Add shallot and saute until softened. Add pulverized cauliflower and begin to stir around to coat. Add stock, a little at a time while cauliflower cooks. When cauliflower is tender, add cream or half-and-half if using. Season with salt and pepper and stir in grated parmesan cheese. Finally, sprinkle with parsley and place in a serving dish. Top with shaved parmesan (use a vegetable peeler for this) and more ground pepper.