

Risotto with Roasted Broccoli and Vegan “Parmesan Cheese”



Licking Memorial Hospital | Culinary Services

Risotto with Roasted Broccoli (4 Servings)

Ingredients:

3 1/2 to 4 cups vegetable broth	3/4 cup thinly sliced shallot	Sea salt and black pepper
2 Tbsp fresh turmeric, washed and sliced	2 Tbsp minced garlic	1/4 cup vegan "parmesan cheese"
2 Tbsp avocado oil, divided	1 cup arborio rice	(plus more for serving)
1 1/2 cups broccoli florets, halved	1/4 cup dry white wine (or substitute more vegetable broth)	
3 cups baby spinach, washed		

Directions:

1. In a medium saucepan, heat vegetable broth over medium heat. Add the turmeric and reduce the heat to low for about 10 minutes. Strain out the turmeric and keep warm.
2. In the meantime, heat a large pan over medium heat. Once hot, add half of the oil and the broccoli. Season with a pinch each salt and pepper and sauté until just tender and slightly browned – 3 to 4 minutes – stirring frequently. Cover to steam and speed cooking time, adding a splash of water to increase the amount of steam. Remove from pan, uncover, and set aside.
3. Heat another large-rimmed pan over medium heat. Once hot, add remaining oil, shallot and garlic. Sauté for 1 to 2 minutes or until softened.
4. Add arborio rice and cook for 1 minute, stirring occasionally. Then add dry white wine (or more vegetable broth) and stir gently. Cook for 1 to 2 minutes or until the liquid is absorbed.
5. Using a ladle, add warmed vegetable broth 1/2 cup at a time, stirring almost constantly, giving the risotto little breaks to come back to a simmer over medium heat.
6. Continue to add vegetable broth 1 ladle at a time, stirring to incorporate, until the rice is "al dente" – cooked through but not mushy. This whole process should only take 15 to 20 minutes (may take longer if making a larger batch).
7. Once the rice is al dente, remove from heat, fold in the spinach and season with salt and pepper to taste. Also add vegan "parmesan cheese" and most of the cooked vegetables, reserving a few for serving.
8. Taste and adjust flavor as needed, adding a pinch of salt and pepper to taste or more vegan parmesan.
9. To serve, divide between serving bowls and top with remaining vegetables and additional vegan parmesan cheese.

Vegan "Parmesan Cheese" (4 Servings)

Ingredients:

3/4 cup raw cashews
3 Tbsp nutritional yeast
3/4 tsp sea salt
1/4 tsp garlic powder

Directions:

1. Add all ingredients to a food processor and mix/pulse until a fine meal is achieved. Store in the refrigerator to keep fresh. Lasts for several weeks.