



Risotto Cakes with Florentine Cream Sauce

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Risotto

1 medium onion, chopped	2 C arborio rice
4 cloves of garlic, chopped	1 C white wine
6 T olive oil, divided	6 C chicken stock
3 T butter	1 C parmesan cheese

Place chicken stock in medium saucepan and bring to a low simmer (don't boil it).

In a large sauté pan over medium heat, sauté onions in 3T olive oil and butter until translucent. Add garlic and sauté for another 2-3 minutes. Add rice and thoroughly coat each grain of rice with oil & butter, about 2 minutes. Add wine and stir until most of the wine is evaporated. Add 1 cup of stock and stir occasionally until most of the liquid is absorbed. Add additional stock in 1 cup increments. Stir rice each time until most of the liquid is evaporated before adding more liquid. Once you begin adding the stock, it should take about 18 minutes to finish the risotto. Turn off the heat and stir in parmesan cheese. Salt & pepper to taste. Let risotto cool to room temperature.

Once the risotto is cooled, form into patties (about ¼ C of risotto at a time). *Hint: make sure your hands are wet to keep rice from sticking to them.*

Heat 3T of olive oil in frying pan over medium heat. Dredge rice patties in flour and sauté patties in batches until golden brown. Reserve in warm oven until ready to serve.

Florentine Cream Sauce

3 T butter	2 C whole milk
3 T flour	½ C parmesan cheese, divided
4 scallions, chopped and divided	16oz pkg of frozen spinach, thawed & chopped
2 cloves of garlic, chopped	½ t ground nutmeg
¼ t red pepper flakes	

In a large sauté pan, sauté 3 scallions in butter until tender, about 3 minutes. Add garlic and red pepper flakes. Sauté 1 more minute. Add flour and create a roux. Let flour cook for a minute or two and then whisk in milk. Whisk until thickened. Add ¼ C parmesan cheese and nutmeg. Whisk until melted and combined. Add spinach and stir to combine.

Top the risotto with the cream sauce. Garnish with remaining scallions and parmesan cheese.

Serves 4-6 as an entree; 8-10 as a side dish