

MINI WILD MUSHROOM RISOTTO CAKES WITH PARMESAN

Recipe courtesy of Chef Chris Ward, The Mercury Grill, Dallas,
on behalf of the American Dairy Association

Makes 10 servings

Prep time: 15 minutes (plus refrigeration time)

Cook time: 27 minutes



Ingredients:

2 tablespoons olive oil, divided
1 cup assorted mushrooms (e.g., oyster, shiitake, cremini or button), chopped
2 teaspoons minced garlic
1 teaspoon salt, divided
1 cup water
1/2 cup Arborio rice
1/2 cup shredded Parmesan cheese, plus additional for topping
2 tablespoons flour
1/2 teaspoon baking powder
1 egg, lightly beaten
3 tablespoons marinara sauce, optional

Heat 1 tablespoon of olive oil in a skillet; add mushrooms, garlic and 1/2 teaspoon salt. Cook, stirring often, 5 minutes; set aside to cool.

In a medium saucepan, bring 1 cup water and 1/2 teaspoon salt to a boil. Add rice, cover and reduce heat. Cook on low heat for 18 minutes; remove from heat and allow to cool slightly.

Sprinkle mushroom mixture, Parmesan, flour and baking powder over rice and stir until combined. Stir in egg until well mixed; cover and refrigerate for 4 to 24 hours.

Heat remaining oil in a skillet. With wet hands, shape rice mixture into 20 individual 1 1/2-inch diameter round cakes. Cook 1 to 2 minutes per side or until lightly browned. Serve warm topped with a dollop of marinara sauce, if desired, and additional Parmesan cheese sprinkled on top.

Yield: Two 1 1/2-inch pieces, per serving