

Crispy Corn Risotto Cakes with Roasted Tomato

From our Farm Kitchen



Ingredients:

2 ripe avocados, thinly sliced
12 ripe Roma tomatoes, top cut off, split in half, and squeezed
2 ears corn, cut off the cob
2 cups chicken stock
1 cup Arborio rice
½ cup white wine
1/3 cup Parmesan cheese, grated
2 tbsp. butter
1 tbsp. garlic, minced
salt and pepper
olive oil
1 bay leaf
flour
3 eggs cracked and beaten
bread crumbs

Directions:

Bring the chicken stock to a boil and set aside. Heat the butter and 1 tbsp. olive oil in a heavy pot over medium heat. Add the shallots and sauté for 2-3 minutes until soft, but do not brown. Add reserved tomato and bay leaf; add the rice to the shallot mixture and cook for 2 minutes. Add wine and cook until completely absorbed. Begin to add warm stock, ½ cup at a time, stirring frequently. Wait until almost absorbed before each addition of stock. Rice should be tender (if not add a little water until done.) Remove from heat. Stir in cheese, salt, pepper, and corn. Spread onto a sheet pan. Let sit overnight.

→ OVER →

Crispy Corn Risotto Cakes with Roasted Tomato (continued)

Preheat oven to 250 degrees. Rub a sheet pan with olive oil. Place tomatoes cut side down. Sprinkle with salt and pepper. Place in oven 1-2 hours, until skin wrinkles and tomatoes are brown. Discard skin and mash tomatoes with 2 tablespoons of olive oil.

Preheat oven to 350 degrees. Using a circle cutter cut risotto into 4 inch cakes. Dredge in flour, then egg, and finally bread crumbs. Add 2 tablespoons olive oil to a large sauté pan over medium heat. Brown risotto cakes on each side. Place on a sheet pan and bake for 10 minutes. Place a spoonful of tomatoes on a plate, then a risotto cake, garnish with sliced avocado.

Serves 4-6