



Mini Kale and Goat Cheese Risotto Cakes

 Vegetarian  Dairy Free

READY IN



250 min.

SERVINGS



24

CALORIES



79 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup arborio rice
- 0.3 teaspoon pepper black as needed freshly ground plus more
- 0.5 cup wine dry white
- 2 large eggs
- 4 ounces flat parsley trimmed
- 0.5 medium garlic clove smashed
- 24 servings kosher salt
- 2.5 cups chicken broth low-sodium

- 2 teaspoons olive oil
- 1.3 cups panko bread crumbs
- 6 ounce roasted peppers red drained
- 1 cup vegetable oil
- 1 tablespoon water
- 0.5 medium onion yellow finely chopped

Equipment

- bowl
- frying pan
- baking sheet
- paper towels
- sauce pan
- oven
- wire rack
- blender
- plastic wrap
- wooden spoon
- cutting board
- candy thermometer

Directions

- Heat 1 tablespoon of the oil in a large heavy-bottomed saucepan over medium heat until shimmering.
- Add the kale and water, season with salt and pepper, and cook, stirring occasionally, until tender and no liquid remains, about 4 minutes.
- Remove to a cutting board. Wipe out the saucepan with paper towels.
- Add the remaining 2 tablespoons of oil and heat over medium heat until shimmering.

- Add the onion, season with salt and pepper, and cook, stirring occasionally, until softened, about 5 minutes.
- Add the rice and measured salt and pepper and stir to combine. Cook, stirring often with a wooden spoon to keep the rice from sticking to the bottom of the pan, until the rice starts to crackle, about 1 minute. Stir in the wine and let simmer, stirring often, until completely absorbed, about 1 to 2 minutes.
- Add the broth, stir to combine, and bring to a boil. Reduce the heat to medium low and simmer, stirring occasionally, until the rice has absorbed the broth and is cooked through, about 10 to 12 minutes. Meanwhile, finely chop the reserved kale and set it aside on the cutting board. When the rice is done, remove the pan from the heat and stir in the reserved kale and the goat cheese until evenly combined. Taste and season with salt and pepper as needed.
- Remove to a large bowl and let sit until cooled to room temperature, about 40 minutes. Cover with plastic wrap and refrigerate until thoroughly chilled, at least 2 hours or overnight. For the sauce: Just before frying the cakes, pat the peppers very dry with paper towels and place them in a blender.
- Place the eggs in a shallow dish, season with salt, and beat with a fork until broken up; set aside.
- Place the panko in a second shallow dish; set aside. Divide the chilled risotto into 24 portions (about 2 tablespoons per portion) and place on a baking sheet (the portions don't need to be perfectly formed). Have a small bowl of water ready for moistening your hands as needed to prevent sticking while forming the patties. Form each risotto portion into a 1-1/2-inch patty and return them to the baking sheet. Working with 1 risotto cake at a time, coat it with the eggs, letting any excess drip off, then coat it evenly with the panko, pressing gently so the breadcrumbs adhere. Return it to the baking sheet, and repeat with the remaining cakes.
- Heat the oil in a large frying pan over medium-high heat until shimmering but not smoking (about 350°F on a deep-frying/candy thermometer), about 4 minutes. Meanwhile, heat the oven to 250°F and arrange a rack in the middle. Fit a wire rack over a second baking sheet; set aside. When the oil is ready, add 8 of the risotto cakes and fry until golden brown, about 2 to 3 minutes. Flip and continue cooking, adjusting the heat as necessary, until golden brown and heated through, about 2 to 3 minutes more.
- Remove to the wire rack, season with salt, and place in the oven. Repeat with the remaining cakes. When ready to serve, top each cake with about 1/2 teaspoon of the red pepper sauce and serve immediately.

Nutrition Facts

PROTEIN 11.62% FAT 35.1% CARBS 53.28%

Properties

Glycemic Index:9.08, Glycemic Load:5.34, Inflammation Score:-5, Nutrition Score:7.1300001170324%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 10.18mg, Apigenin: 10.18mg, Apigenin: 10.18mg, Apigenin: 10.18mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.7mg, Myricetin: 0.7mg, Myricetin: 0.7mg, Myricetin: 0.7mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 79.21kcal (3.96%), Fat: 2.96g (4.56%), Saturated Fat: 0.56g (3.48%), Carbohydrates: 10.12g (3.37%), Net Carbohydrates: 9.46g (3.44%), Sugar: 0.43g (0.47%), Cholesterol: 15.5mg (5.17%), Sodium: 330.11mg (14.35%), Alcohol: 0.51g (100%), Alcohol %: 0.93% (100%), Protein: 2.21g (4.41%), Vitamin K: 81.31µg (77.44%), Vitamin C: 9.77mg (11.84%), Vitamin A: 457.55IU (9.15%), Folate: 33.36µg (8.34%), Manganese: 0.15mg (7.41%), Vitamin B1: 0.09mg (5.75%), Iron: 1mg (5.57%), Vitamin B3: 1mg (5%), Selenium: 3.38µg (4.83%), Phosphorus: 34.55mg (3.45%), Vitamin B2: 0.05mg (3.01%), Copper: 0.06mg (2.95%), Fiber: 0.66g (2.64%), Vitamin B6: 0.05mg (2.53%), Potassium: 83.34mg (2.38%), Vitamin B5: 0.22mg (2.16%), Calcium: 20.04mg (2%), Magnesium: 7.94mg (1.98%), Zinc: 0.29mg (1.93%), Vitamin E: 0.28mg (1.86%), Vitamin B12: 0.07µg (1.21%)