



Sage, Onion and Wild-Rice Risotto Cakes

 Gluten Free

READY IN



1500 min.

SERVINGS



10

CALORIES



319 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 pound arborio rice
- ☐ 10 servings pepper black freshly ground
- ☐ 1 cup celery stalks finely chopped
- ☐ 3 large eggs separated
- ☐ 0.5 cup parsley fresh chopped
- ☐ 0.3 cup sage fresh thinly sliced
- ☐ 1 tablespoon thyme sprigs fresh chopped
- ☐ 0.5 cup plum brandy dry

- ☐ 0.5 cup olive oil
- ☐ 0.8 cup parmesan fresh finely grated
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon butter unsalted
- ☐ 5 cups vegetable stock light
- ☐ 4 cups water
- ☐ 0.5 cup rice wild
- ☐ 3 cups onion yellow finely chopped

Equipment

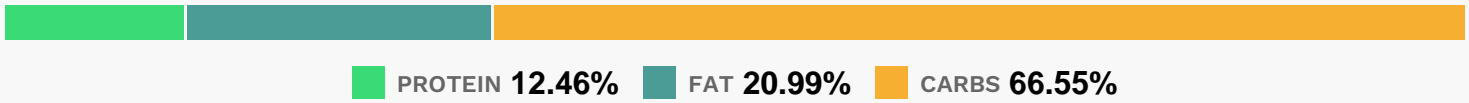
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ pot
- ☐ sieve
- ☐ baking pan
- ☐ hand mixer
- ☐ spatula

Directions

- ☐ Bring water with salt to a boil in a heavy saucepan, then simmer wild rice, covered, until tender, about 45 minutes.
- ☐ Remove from heat and let rice stand in cooking liquid, uncovered, 30 minutes.
- ☐ Drain rice in a sieve set over a saucepan and reserve rice.
- ☐ Add vegetable stock to cooking liquid and bring to a simmer. Keep liquid hot, covered, over low heat.
- ☐ Heat butter and oil in a 6- to 8-quart heavy pot over moderately high heat until hot but not smoking, then sauté sage, stirring, 1 minute.

- ☐ Add onions and sauté, stirring, until softened. Stir in celery with salt to taste and sauté, stirring, until onions begin to turn golden brown, about 7 minutes.
- ☐ Stir in Arborio rice and cook over moderate heat, stirring constantly, 2 minutes.
- ☐ Add wine, thyme, and pepper to taste and cook, stirring constantly, until wine is absorbed. Stir in 1 cup hot broth and simmer, stirring frequently, until broth is absorbed. Continue adding broth, 1 cup at a time, and simmering, stirring frequently and letting each addition be absorbed before adding the next, until rice is tender but still al dente and creamy-looking and liquid is absorbed, 20 to 22 minutes. Toward end of cooking, stir in wild rice.
- ☐ Remove pot from heat and stir in Parmesan, parsley, and salt and pepper to taste. Cool risotto and chill, covered, at least 4 hours and up to 1
- ☐ Bring risotto to room temperature before proceeding with recipe.
- ☐ Lightly beat yolks and stir into risotto. Beat whites and a pinch of salt with an electric mixer until they just hold stiff peaks. Stir half of whites into risotto to lighten slightly and fold in remaining whites.
- ☐ Let batter stand at room temperature 15 minutes before proceeding.
- ☐ Heat 1 tablespoon oil in a 12-inch nonstick skillet over moderate heat until hot but not smoking. Scoop 4 (rounded 1/4-cup) mounds of batter into skillet, flattening with back of a spoon to form cakes 3 inches across by 1/2 inch thick. Cook cakes until golden brown on underside (this is critical to prevent cakes from breaking when turning), adjusting heat if browning too quickly, 5 minutes. Carefully turn cakes over with a metal spatula and cook until golden brown on underside, 3 to 4 minutes.
- ☐ Transfer as browned to a large shallow baking pan and arrange in one layer. Make more cakes in same manner, wiping skillet clean with paper towels between batches and adding more oil as necessary.
- ☐ Preheat oven to 450°F.
- ☐ Just before serving, bake risotto cakes until sizzling, about 6 minutes.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:37.8, Glycemic Load:33.33, Inflammation Score:-9, Nutrition Score:16.877826255301%

Flavonoids

Petunidin: 0.8mg, Petunidin: 0.8mg, Petunidin: 0.8mg, Petunidin: 0.8mg Delphinidin: 0.47mg, Delphinidin: 0.47mg, Delphinidin: 0.47mg, Delphinidin: 0.47mg Malvidin: 11.38mg, Malvidin: 11.38mg, Malvidin: 11.38mg, Malvidin: 11.38mg Peonidin: 0.47mg, Peonidin: 0.47mg, Peonidin: 0.47mg, Peonidin: 0.47mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epicatechin: 0.91mg, Epicatechin: 0.91mg, Epicatechin: 0.91mg, Epicatechin: 0.91mg Apigenin: 6.78mg, Apigenin: 6.78mg, Apigenin: 6.78mg, Apigenin: 6.78mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Isorhamnetin: 2.4mg, Isorhamnetin: 2.4mg, Isorhamnetin: 2.4mg, Isorhamnetin: 2.4mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg, Myricetin: 0.46mg Quercetin: 10.02mg, Quercetin: 10.02mg, Quercetin: 10.02mg, Quercetin: 10.02mg

Nutrients (% of daily need)

Calories: 319.13kcal (15.96%), Fat: 7.1g (10.93%), Saturated Fat: 2.84g (17.72%), Carbohydrates: 50.66g (16.89%), Net Carbohydrates: 47.67g (17.33%), Sugar: 4.45g (4.94%), Cholesterol: 63.91mg (21.3%), Sodium: 746.53mg (32.46%), Alcohol: 1.84g (100%), Alcohol %: 0.62% (100%), Protein: 9.48g (18.97%), Copper: 1.19mg (59.36%), Vitamin K: 54.24µg (51.66%), Manganese: 0.73mg (36.56%), Folate: 137.64µg (34.41%), Vitamin B1: 0.3mg (20.32%), Selenium: 13.73µg (19.61%), Phosphorus: 180mg (18%), Iron: 2.92mg (16.2%), Vitamin A: 759.19IU (15.18%), Vitamin B3: 2.6mg (13.02%), Calcium: 129.1mg (12.91%), Fiber: 2.99g (11.96%), Vitamin C: 8.98mg (10.88%), Vitamin B6: 0.21mg (10.59%), Vitamin B5: 1.04mg (10.39%), Zinc: 1.54mg (10.28%), Magnesium: 41mg (10.25%), Vitamin B2: 0.16mg (9.67%), Potassium: 227.59mg (6.5%), Vitamin E: 0.64mg (4.29%), Vitamin B12: 0.23µg (3.76%), Vitamin D: 0.36µg (2.39%)