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Recipe Title: Ravishing Rice-Free Mushroom Risotto with Delicious Cherry Tomatos

Recipe Ingredients:

- One medium sized head of cauliflower
- Many dehydrated porcini mushrooms, a nice sized container
- A few cloves of garlic, maybe two or three, depends on your taste
- A shallot (optional)
- Vegetable broth
- A wedge of parmigiano-reggiano (aka parm-reg), grated (also optional)
- Avocado oil
- Extra virgin olive oil
- Cherry tomatoes
- Onions (optional)
- Salt
- Black pepper

Recipe Instructions:

FOR THE RISOTTO

1. Rinse off the medium sized head of cauliflower and put it in your food processor until it is the size of rice, because having an autoimmune disease doesn't mean you can't have fun!
2. Rinse the porcini mushrooms (which are usually dehydrated) to get any dirt off
3. Boil them to soften them
4. Sautee garlic and some grains of cauliflower in a pan in avocado oil (chosen for its high smoke point and Vitamin E content), till the cauliflower glistens. Maybe a shallot too if you're in the mood.

5. Then the real fun begins. Start adding arborio rice and veggie broth and stir all the while. Rice and broth. You can also use the porcini mushroom water.
6. After about 40 minutes add in the mushrooms and some parm reg (also optional, depending on extent/existence of your autoimmune disease, this recipe is from when I had to go gluten free to manage my Lyme Disease but it is still tasty) so it's creamy.
7. Keep adding broth until it feels right.

FOR THE DELICIOUS CHERRY TOMATOES (a nice side)

1. Set oven to 250 degrees
2. Cook one layer of cherry tomatoes in a large pan with a layer of olive oil for several hours (they are done when they're a little crinkly and the skin is soft). You can also add onions if you want.
3. Add salt and pepper.
4. You can plate this as a small to medium sized plate with raised sides (but not a bowl) for the risotto and a ramekin or similar sized dish for an individual portion of cherry tomatoes.