

Vegan Beetroot Risotto



Risotto is an Italian culinary classic. Chef Gabriele gives it an audacious twist by adding beets prepared in three different ways, in addition to making the recipe vegan by adding an exquisite home-made vegan cashew-based "cheese".

Best for: Lunch - Dinner
Servings: 4



IT IS RECOMMENDED TO MAKE THE VEGAN CHEESE THE DAY BEFORE
(Cashews must soak for at least 8-10 hours)

INGREDIENTS

Vegan Dill Cheese

- 250 ml (1 cup) unsalted raw cashews
- 750 ml (3 cups) water (to soak the cashews)
- 30 ml (2 tbsp) lemon juice
- 15 ml (1 tbsp) lemon zest
- 1 ml (¼ tsp) garlic powder
- 15 ml (1 tbsp) fresh dill, chopped
- 30 ml (2 tbsp) nutritional yeast
- 60 ml (¼ cup) water
- Salt and pepper, to taste



DIRECTIONS

Vegan Dill Cheese

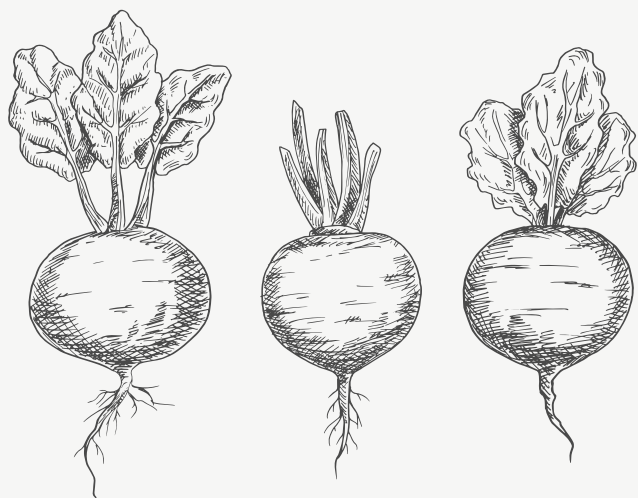
- 1 - Soak the cashews in cold water overnight.
- 2 - The next day, drain and rinse the cashews.
- 3 - Place the cashews, the lemon juice and zest, the garlic powder, the dill, and the nutritional yeast in a food processor. Blend the mixture to a coarse wet texture. Scrape down the sides of the food processor with a spatula. Turn the motor back on and drizzle in the water and let the mixture process for about 10 seconds. Stop and scrap down the sides again. Continue processing for 1-2 minutes or until the mixture is smooth.
- 4 - Add salt and pepper to taste or more water depending on how thick you would like the cheese to be. Store in the refrigerator.



INGREDIENTS

Beetroot Risotto

- 250 ml (1 cup) golden beets, peeled and diced in medium-sized pieces
- 250 ml (1 cup) red beets, peeled and diced in small-sized pieces
- 60 ml (4 tbsp) Camelina oil (for sautéing and grilling)
- 1 shallot, finely chopped
- 15 ml (1 tbsp) fresh thyme leaves
- 2 fresh garlic cloves, finely chopped
- 250 ml (1 cup) Arborio rice
- 1 litre (4 cups) vegetable stock
- 250 ml (1 cup) beet juice
- 125 ml (½ cup) white wine
- 60 ml (4 tbsp) balsamic vinegar
- 30 ml (2 tbsp) maple syrup
- Salt and pepper, to taste
- 60 ml (4 tbsp) micro arugula, for garnish



Enjoy!

Watch Chef Gabriele create this recipe in a step-by-step video!

DIRECTIONS

Beetroot Risotto

- 5 – Preheat the oven to 375° F / 190° C.
- 6 – Coat the peeled and diced golden beets with 30 ml (2 tbsp) of Camelina oil, season with salt and pepper and roast in the oven on a parchment-lined baking tray, for 25 minutes. Reserve.
- 7 – In a heavy-bottom pan, heat 30 ml (2 tbsp) of Camelina oil. Add the chopped shallot, thyme and sauté on low heat for 3 minutes, then add the garlic and sauté for another 2 minutes.
- 8 – Add the rice and cook until lightly browned for about 2 minutes, stirring frequently. Season with salt and pepper.
- 9 – In the meantime, heat the stock and beet juice in a pot.
- 10 – Add the peeled and diced red beetroot to the pan with the rice, season with salt and pepper. Stir the beetroot in and then add the white wine. Mix well and let the rice completely absorb the wine.
- 11 – You can now start adding the warm stock and beet juice one ladle at a time, stirring the rice constantly. Each time that the liquid is completely absorbed, add another ladle. Repeat this until the rice is cooked al dente (which means it should be a little crunchy). Reserve.

Maple Balsamic Glaze

- 12 – In a small sauce pot, add the vinegar and maple syrup. Heat on medium-low heat for about 3–5 minutes stirring frequently, until the mixture coats the back of a wooden spoon.
- 13 – After 25 minutes, remove the golden beets from the oven. Transfer them to a bowl and mix in the maple balsamic glaze. Reserve.

Plating & Presentation

Place a portion of risotto in the centre of a plate, 5–6 golden beet pieces all around and top with the vegan cheese and the micro arugula.

