

Risotto Rice Cakes with Crab Relish

NUTRITION DATA

Serving Size: 1 rice cake + relish

Amount Per Serving:

Calories:	271	
Calories from Fat:	56.0	33%
		% Daily Value*
Total Fat	6.2 g	10%
Saturated Fat	1.6 g	8%
Trans Fat	NA	
Cholesterol	11 mg	4%
Sodium	358 mg	15%
Total Carbohydrate	22.7 g	8%
Dietary Fiber	0.60 g	2%
Sugars	0.1 g	
Protein	3.7 g	7%
Vitamin A		3%
Vitamin C		5%
Calcium		4%
Iron		2%

* Percent Daily Values are based on a 2,000-calorie diet. Your daily values may be higher or lower depending on your calorie needs.



INGREDIENTS:

3 oz. Risotto Base
 1 Tbsp. Crab Relish Recipe (see below)
 1/4 tsp. Fresh Garlic (chopped)
 5/8 tsp. Seasoned Rice Vinegar
 1/4 tsp. Chinese Sesame Seed Oil
 Dash (to taste) Kosher Salt
 Dash (to taste) Black Pepper
 3/8 tsp. Vegetable Salad Oil
 1/8 tsp. Black Sesame Seed
 1 leaves Fresh Cilantro Leaves
 Lump Crab Relish Ingredients
 3/4 oz. Crabmeat (drained, pickled, remove shells)
 1 Quart + 1/2 cup Fresh English Cucumbers (with skin seeded, diced 1/4")
 7/8 tsp. Red Onions (diced 1/4")
 Fresh Garlic (minced)
 1/8 tsp. Fresh Ginger Root
 1/4 tsp. Pasteurized Fresh Lemon Juice
 1/4 tsp. Pasteurized Fresh Lime Juice

1/8 tsp. Seasoned Rice Vinegar
 Dash (to taste) Chinese Sesame Seed Oil
 1/4 tsp. Sesame Seed (toasted)
 Dash (to taste) Soy Sauce
 7/8 tsp. Red Peppers (diced 1/4")
 Dash (to taste) Crushed Red Pepper, dried
 Base Vegetable Broth Ingredients
 5/8 tsp. Vegetable Base, No Msg
 1/2 Cup + 2 Tbsp. Water
 Risotto Base Ingredients
 1/2 Cup + 2 Tbsp. Vegetable Broth Recipe
 2 Tbsp. + 1 1/4 tsp. Yellow Onions
 1/4 tsp. Fresh Garlic (minced)
 1 tsp. Salt Free Sweet Butter
 1/2 tsp. Olive Oil
 2 3/4 oz. Arborio Rice, raw
 2 Tbsp. + 2 1/2 tsp. Chablis Wine

DIRECTIONS:

1. Prepare Risotto Base and Crab Relish according to recipes.
2. Combine risotto base, garlic, vinegar, sesame oil, salt and pepper. Mix well. Form and press rice mixture into 3" diameter cakes. Place on parchment lined sheet pans.
3. In a sauté pan, heat vegetable oil. Add rice cakes. Cook for 4 minutes on each side or until golden brown.
4. As needed for service, place 1 rice cake on each serving plate. Top with 1 Tbsp. Crab relish.
5. Sprinkle with 1 1/6 tsp. black sesame seeds. Garnish with 1 cilantro leaf.

Risotto Base Directions

1. Prepare Vegetable Broth according to recipe.
2. In a stock pot, sauté onion and garlic in butter and olive oil over low heat until soft.
3. Add rice. Stir constantly for about 2 minutes. Do not brown.
4. Add wine. Stir constantly until wine is reduced.
5. Add broth. Bring to a boil. Reduce heat. Simmer, uncovered, stirring occasionally, for 10 minutes or until rice is tender and liquid is absorbed.

Crab Relish Directions

1. Combine all ingredients: Crabmeat, English Cucumbers, red onions, garlic, ginger root, lemon juice, lime juice, rice vinegar, Chinese sesame seed oil, sesame seed, soy sauce, diced red peppers and dried red peppers. Mix well.

Base Vegetable Directions

1. Combine vegetable base and water. Stir until base dissolves.

Portion: Serve 1 rice cake with 1 Tbsp. crab relish.



100% Fad Free

***Risotto Rice Cakes
with Crab Relish***

SHOPPING LIST

- Lump Crabmeat
- Fresh Garlic
- Seasoned Rice Vinegar
- Chinese Sesame Seed Oil
- Kosher Salt
- Ground Black Pepper
- Vegetable Salad Oil
- Sesame Seed
- Black Sesame Seed
- Fresh Cilantro Leaves
- Fresh English Cucumbers
- Red Onions
- Fresh Garlic
- Fresh Ginger Root
- Fresh Lemon Juice
- Fresh Lime Juice
- Soy Sauce
- Red Peppers
- Yellow Onions
- Salt Free Sweet Butter
- Olive Oil
- Arborio Rice
- Chablis Wine

