

## **Mushroom Risotto Cake**

Yield 8 cakes

4 cups of Arborio rice  
½ of a finely chopped white onion  
1 tsp chopped garlic  
½ cup of dry white wine  
8 cups of chicken stock  
10 sliced button mushrooms, you can substitute wild mushrooms if you like.  
2 tbsp of butter  
2 tbsp olive oil  
½ grated parmesan cheese  
2 sprigs of chopped Thyme  
4 fresh basil leaves

### Breading

1 cup of panko bread crumbs  
3 eggs beaten  
1 cup of flour seasoned with salt and pepper

### Steps

1. In a non-stick frying pan, sauté onions and garlic with olive oil and butter on medium heat, until the onions become translucent. Add sliced mushrooms and sauté.
2. While you are sautéing your onions and mushrooms, heat up your chicken stock in a small sauce pan on the side.
3. Add your Arborio rice to your onions and mushrooms. Sauté your rice until all the kernels are well coated with the butter and oil in the pan.
4. Add 1/2 of the white wine and 1/3 of your chicken stock. Continue to stir your rice with a wooden spoon for 25 minutes, add the remaining wine and stock slowly as needed; your rice will absorb the liquids as it cooks.
5. After 25 minutes you can add your cheese and fresh herbs. Check the doneness of your rice. It should be slightly al dente and have a creamy constancy from the natural starch of the rice.
6. Cool your rice on a small baking sheet and place in the refrigerator. The risotto can be made the day before to cut down on preparation time.
7. Remove the rice from the fridge and form the cooled rice into 8 portioned balls. You can use a custard cup to form the cakes, or form them by hand.
8. For breading the cakes, place the flour, eggs and bread crumbs in separate bowls. First place the cakes in the flour, then dip them in egg, then coat them with bread crumbs. Repeat this process for all of the cakes.
9. Shallow Fry the cakes on medium heat with a 1/4 cup of olive oil until they are golden brown on both sides. Then place the cakes in a 325 degree oven for 8 minutes, and serve.

## **Pesto Crusted Halibut with Sun Dried Tomato Tapenade and Mushroom Risotto Cake**

### **Yield 8**

### **5oz portions of Halibut filet**

#### **Tapenade**

5 pitted kalamata olives chopped  
¼ cup of olive oil  
1 clove of chopped garlic  
½ cup of sun dried tomatoes chopped  
1 tbsp of capers chopped  
¼ tsp of anchovy paste  
½ lemon juice and zest  
Salt and pepper TT

#### **Steps**

1. Soak the dried tomatoes in hot water to soften them for 10 to 15 minutes
2. Drain the water from the tomatoes, then place all of the ingredients in a food processor and pulse until semi smooth.
3. Season to taste.

#### **Pesto Compound Butter**

½ pound of unsalted butter at room temperature  
Zest and juice of 1 lemon  
1 cup of panko bread crumbs  
½ cup of chopped basil  
2 tbsp pine nuts  
2 tbsp of olive oil  
1 clove of garlic  
Salt and pepper TT  
Worcester sauce TT

#### **Steps**

1. Whip the butter in a food processor, then remove and set aside in a bowl.
2. Place all other ingredients in the processor and blend.
3. Add the whipped butter to the processor and blend.
4. Remove the mixture from the bowl. Lay plastic wrap onto the counter. Place the butter mixture onto the plastic wrap. Wrap the butter into a cylinder shape. Place the wrapped butter into the freezer overnight to harden.
5. The next day you can cut the butter into 2oz discs, which will be placed on your fish when you bake it.
6. Sear your Halibut in a shallow fry pan at medium high heat with 2 teaspoons of olive oil to form a golden crust for 2 minutes per side, presentations side first. Turn down the heat slightly if the pan begins to smoke. Remove the fish from the pan and place on to a small baking sheet. Place the compound butter on top of the fish, and Bake at 325 degrees for 4 to 5 minutes for a 5oz piece.