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Cauliflower Parmesan “Risotto” (Vegetarian)



Ingredients	US	Metric
Cauliflower	2.2 lbs	1 kg
Garlic (diced)	½ oz	15 g
Shallots (diced)	½ oz	15 g
Vegetable stock	2 cups	500 ml
Sweet green peas	8½ oz	250 g
Parmesan cheese	1¾ oz	50 g
Butter (unsalted)	1 oz	30 g
White wine	¼ cup	60 ml
Lemon	½	½
Pea purée	1 recipe	

Method:

- Using a box (cheese) grater or a food processor, grind cauliflower florets and stocks into rice sized pieces
- Sauté garlic and shallots, deglaze with white wine and add cauliflower
- Cook on low heat, adding vegetable stock a little at a time, for 5 min (until tender)
- Add fresh sweet peas, sweet pea purée, Parmesan cheese and butter
- Season with salt and lemon juice from a half of lemon

Pea purée

Ingredients	US	Metric
Fresh peas	5¼ oz	150 g

Method:

- Blanch in salted boiling water (40 seconds)
- Remove and purée in blender
- Season with salt

To make this recipe vegan, replace butter and Parmesan cheese with equivalent vegan ingredients.