

Cauliflower and truffle risotto with free range egg yolk

This rich, decadent risotto is easy to make and can be partially prepared before hand, making it a perfect dinner party starter.

Cauliflower and truffle have a natural affiliation with each other; the earthiness working together with the sweet creaminess of the cauliflower puree.

We are using black Italian truffles at the restaurant at the moment and reinforce the flavour with a little splash of truffle oil. You could just use the oil for a more frugal offering. Don't drop the yolk though, it brings the whole dish together and looks stunning set against the black- flecked white of the risotto.

Serves 4 as a starter

150g Arborio risotto rice
1 small cauliflower cut into small florets
1 litre full cream milk
4 free range egg yolks
1 litre vegetable stock-home made is best
50g unsalted butter
Truffle oil
2g black truffle
25g mascarpone
1 small onion finely chopped
Olive oil for cooking
Sea salt and black pepper

Bring the vegetable stock to the boil, reduce by half and keep on a slow simmer.

Pour the milk over the cauliflower florets and bring to the boil in a saucepan. Cook the cauliflower until very tender and drain well, transfer to a blender and process to a smooth puree. Season well and reserve.

Add the milk/cooking liquor to the stock and continue to simmer.

Heat a heavy bottomed saucepan over a medium heat and add a lug olive. Slowly cook the onions through without colouring and then add the rice, stirring as you go. Make sure the rice is well coated and slightly toasted.

Now start to add the milk/stock ladle by ladle stirring continuously. The rice will absorb the liquid and cook through, this should take about 20minutes.

5 minutes before the rice is ready pour in the cauliflower puree and season the risotto well. Add the truffle oil to taste. When the rice is cooked add the mascarpone and butter and remove from the heat. Incorporate everything well and check the consistency is creamy and loose, but not wet. The rice should hold on to the sauce.

Divide the rice between four bowls and then top each serving with a yolk and shave over the black truffle. Season the yolk with sea salt and pepper and serve. The heat of the risotto will cook the yolk through sufficiently.