

Beet and Celeriac Risotto with Horseradish Sour Cream by Healing Family Eats

Some days you may find you don't want to eat any meat or fish but you can always add a heaped spoonful of collagen to your bowl to add some protein. I love to serve this with an accompaniment of wild salmon as the flavours work so well, plus the colours are a perfect match and just right for Valentine's Day!

(serves: 4)

for the risotto:

1+1/4 lb (1 large) red beet, peeled and roughly chopped

1+1/2 lb (1 medium) celeriac, peeled and roughly chopped

3 tbsp lard or other solid fat

1 small leek, thinly sliced

1 small fennel, finely chopped and fronds reserved

1+3/4 - 2 cups bone broth, preferably chicken

3/4 tsp [fine sea salt](#)

micro greens to garnish (mine were a mix of kale, radish, arugula)

for the horseradish sour cream:

1 cup [coconut cream](#) *

3 tsp finely grated fresh horseradish

3 tsp lemon juice

1/4 tsp [fine sea salt](#)

Make the risotto:

Put the beet into the large bowl of a food processor, fitted with the "S" blade, and pulse about 8 times until the same consistency of plump grains of rice. Tip into a medium bowl and repeat with the celeriac. Melt the lard in a large sauté pan, add the leek and fennel and sauté gently until softened and translucent, about 5-6 minutes. Add the riced vegetables to the sauté pan, stirring well to incorporate with the leeks and fennel. Now pour in 1+3/4 cups of the broth and stir again. Turn the heat up to a simmer and cook for around 18-20 minutes, stirring from time to time, until the broth has absorbed into the vegetables, which are now tender but still retaining a little bite. Add the remaining broth if you want to make the risotto a little more soupy. Try a small spoonful and add the sea salt to your taste.



Make the horseradish sour cream:

While the risotto is cooking, put the horseradish cream ingredients into a medium bowl and mix together well. Taste and adjust the flavour - you may wish to add more horseradish to spice it up, more coconut cream if you feel it is too strong or perhaps a little extra lemon for sourness. Play around with the ingredients to get it to just how you like it but keep in mind the more lemon juice you add, the looser the cream will be. Serve the risotto with a generous swirl of the sour cream and a smattering of micro greens and fennel fronds for added pretty.

* Put a 400ml can of coconut milk into the fridge at least the night before you want to make the horseradish cream. Turn the can of refrigerated coconut milk upside down, open with a can opener and slowly pour the watery liquid off into a separate jug. You can use this liquid for smoothies or drink as is. The cream is what is left below.