

SUNFLOWER SEED “RISOTTO” WITH EDAMAME

(inspired by Naturally Nourished)

2 cups raw, unsalted, shelled sunflower seeds
1 tsp salt, plus more as needed
1 tablespoon grapeseed oil
1 fennel bulb, diced small
2 cups vegetable stock (you won't need the full amount)
frozen edamame, about 1 /2 cup or amount to taste

Soak the sunflower seeds overnight or all day with the sea salt in a large bowl of water. Drain and rinse the sunflower seeds.

In a high-power blender (I used a Vitamix), add 1 /2 cup of soaked seeds and half a cup of water. Blend until fully smooth, remove and set aside.

In a non-stick skillet or small stockpot, heat the oil, add the fennel, season with salt and pepper. After about 2 minutes, add the soaked and drained whole sunflower seeds, stir to coat with the oil, then add vegetable stock to completely cover the seeds. It will depend on the size of your pan, but you will probably need less than 2 cups. Add a little salt and pepper if so desired.

Reduce the heat and simmer, covered, for 20 minutes. Add 2 tablespoons of the reserved sunflower seed cream, stir, then add frozen edamame, spread all over the surface, and cover the pan again. Cook gently for 5 minutes, then check that the seeds are tender and the edamame warm. If needed, add more vegetable stock, or alternatively remove the lid and let the excess liquid evaporate.

Serve the “risotto” right away.