

RISOTTO MILANESE

Pressure-Cooker Method

1 tablespoon olive oil
1 small onion, finely chopped (about $\frac{3}{4}$ cup)
1 cup arborio rice
2 cups low-fat chicken stock
 $\frac{1}{4}$ cup vermouth or dry white wine
 $\frac{1}{8}$ teaspoon crushed saffron
 $\frac{1}{8}$ teaspoon ground white pepper
 $\frac{1}{2}$ teaspoon salt
1 tablespoon butter
 $\frac{1}{4}$ cup grated Parmesan cheese

Heat the oil in a pressure cooker over high heat.

Add the onion, cook, stirring, until translucent, about 2 minutes.

Add the rice and cook, stirring, for about 30 seconds until the outer edges turn translucent.

Add the stock, wine, and saffron.

Cover and bring to high pressure over high heat. Reduce heat to stabilize pressure. Cook 7 minutes.

Quick-release pressure and remove cover.

Stir in white pepper, salt, butter, and Parmesan.

Let sit for 2 minutes before serving.

Makes 4 Servings