Pressure Cooker Mushroom Risotto

Servings: 5

mushroom risotto

Notes: Every pressure cooker is different, so yours might take 7 minutes, or 5. Whatever you do, don't overcook it, or it will just be rice mush.
Description:

RICE:
1 medium onion, finely chopped
2 tablespoons olive oil
1 cup arborio rice
1 cup white wine
22 ounces chicken broth, boiling, or beef broth (1 5/8 cups)
3 tablespoons butter
1/2 cup parmesan cheese, grated
freshly grated pepper
MUSHROOMS:
1 cup mushrooms, sliced
2 tablespoons olive oil
2 cloves garlic, minced
2 tablespoons Italian parsley, chopped

Blog: Carolyn T's Blog:
http://tastingspoons.com

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Per Serving (excluding unknown items): 394 Calories; 21g Fat (52.2% calories from fat); 9g Protein; 34g Carbohydrate; 1g Dietary Fiber; 25mg Cholesterol; 627mg Sodium. Exchanges: 2 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 3 1/2 Fat.

1. In pressure cooker pan, heat the olive oil and gently fry the onion until soft and translucent.
2. Add rice and saute for about 1-2 minutes until the rice glistens but does not brown. Add the white wine and cook until the liquid has evaporated. Add the broth, stir, then follow directions for your pressure cooker. Cook under pressure for about 5-6 minutes.
3. Meanwhile, in a small nonstick skillet heat the oil and saute the mushrooms briefly, then add garlic. Continue to cook for about 2-3 minutes until the mushrooms are just cooked through. Add the parsley and set aside.
4. Cool the pressure cooker under cold tap water until the steam is released. Open the pressure cooker, place it back on the stove. If there is too much liquid, cook for a minute or two. Stir in the butter, parmesan and black pepper. Add the mushrooms and stir in to the risotto. If the rice is too dry, add a bit of hot water. If it's too moist, continue to cook over low to medium heat until some of the liquid has evaporated.
5. Replace the lid on the pressure cooker (don't cook, you're just trying to keep it hot) and allow to rest for 2-3 minutes. Serve immediately.