

## Risotto with Squash and Sage

Tools Cooks Love | February 2008



*Arborio is a plump, short-grain Italian rice that makes a creamy risotto. Look for it at grocery stores or a specialty-foods market.*

START TO FINISH: 40 MINUTES

- 1/2 CUP FINELY CHOPPED ONION
- 1 TBSP. OLIVE OIL
- 1 1/2 CUPS ARBORIO RICE
- 1/2 CUP DRY WHITE WINE OR DRY VERMOUTH
- 3 1/2 -4 CUPS LOW-SODIUM CHICKEN BROTH
- 1 1/2 LB. BUTTERNUT SQUASH, PEELED, SEEDED, AND CUT IN 1-INCH CHUNKS
- 1/2 CUP GRATED PARMESAN CHEESE
- 2 TSP. SNIPPED FRESH SAGE
- SALT AND FRESHLY GROUND BLACK PEPPER
- GRATED PARMESAN CHEESE (OPTIONAL)

In a 4- or 6-quart pressure cooker\* cook onion in hot oil over medium-high heat for 1 minute. Stir in rice until coated with oil. Carefully add wine or vermouth; cook and stir until rice has absorbed the wine (about 30 seconds). Add 3 1/2 cups broth and the squash.

Lock lid in place. Over high heat, bring cooker to high pressure. Reduce heat just enough to maintain pressure and cook for 4 minutes. Turn off the heat. Quick-release the pressure by placing the cooker beneath cold running water. Carefully remove lid, tilting it away from you to allow steam to escape.

Set the cooker over medium-high heat and stir vigorously. The mixture will look fairly soupy at this point. Cook, uncovered, until the mixture thickens and the rice is tender but still chewy, about 3 to 5 minutes, stirring every minute or so. If mixture becomes dry before the rice is done, stir in the remaining 1/2 cup broth. The finished risotto should be slightly runny; it will continue to thicken as it sits on the plate. Turn off heat. Stir in 1/2 cup Parmesan, the sage, and salt and pepper to taste. Serve at once with additional Parmesan, if desired. Makes 4 main-dish (or 8 side-dish) servings.

\*NOTE: Before using your pressure cooker, be sure to read the manufacturer's instructions thoroughly.

Per serving: 352 cal., 6 g fat (2 g sat. fat), 9 mg chol., 804 mg sodium, 60 g carbo., 3 g fiber, 12 g pro.

### COOK: Lorna Sass TOOL: Pressure Cooker

Lorna Sass has three food-related passions—pressure cooking, whole grains, and vegan vegetarian cooking—and has cookbooks on all these topics, including *Pressure Perfect: Two Hour Taste in Twenty Minutes Using Your Pressure Cooker* (\$25; 2004, William Morrow).

Sass and her cookbooks are a big reason pressure cookers are back in style. The Kuhn Rikon Duromatic 6.3-Quart Stockpot is one of her favorite pressure cookers. It's ideal for whole chickens, roasts, soups, and her risotto, and is safe and easy to use. \$189; [amazon.com](http://amazon.com). She also suggests the 6.5-quart WMF Perfect Plus Pressure Cooker. \$220; [cooking.com](http://cooking.com).