

Saffron Risotto in the Pressure Cooker

Jacob · 28/09/2024



Prep Time

10 mins

Difficult

Medium

Servings

25 mins

Description

In Italy this is known as risotto alla Milanese risotto giallo or risotto allo zafferano Whatever you call it it is the king of risottos the simplest yet best known of all The traditional preparation requires 20 minutes of stirring and cooking but I managed to learn how to prepare it in the pressure cooker or an Instant Potreg I swear you wont notice the difference I have provided further tips for all your pressure cooker risottos in the notes at the end of the recipe

Ingredients

- - 1 pinch saffron - ? cup hot water - 4 tablespoons butter
- divided - 1 small shallot
- finely chopped - 1 ½ cups Arborio rice - ¾ cup dry white wine - 3 ¼ cups boiling vegetable stock - ? cup grated Parmesan cheese - salt and freshly ground black pepper to taste - ¼ cup grated Parmesan cheese
- or to taste

Instructions

1. Soak saffron threads in hot water in a bowl. Melt 2 1/2 tablespoons butter in a pressure cooker over low heat. Cook and stir shallot until soft
2. about 3 minutes. Add rice; cook and stir for a few minutes until rice has absorbed butter and is toasted
3. about 3 minutes. Pour in wine and allow alcohol to cook off
4. about 1 minute. Add boiling stock all at once and stir. Close cooker securely and place pressure regulator over vent according to manufacturer's instructions. Increase heat to high. Heat until steam escapes in a steady flow and makes a whistling sound. Reduce heat to low and cook for 4 minutes. Remove cooker from heat and release pressure carefully using the quick-release method according to manufacturer's instructions
5. about 5 minutes. Carefully open once pressure is completely released and stir well. Stir in saffron
6. remaining 1 1/2 tablespoon butter
7. Parmesan cheese
8. salt
9. and pepper. Let risotto rest for 3 minutes in order to expand
10. soak up the stock
11. and absorb flavor. Serve in warmed bowls with extra grated Parmesan cheese. Cook's Notes: You can cook any kind of risotto in a pressure cooker. Simply cook the other ingredients (such as mushrooms
12. pancetta
13. or seafood) separately and add to the rice at the end. If using ingredients that require a longer cooking time (like fresh artichokes) you can start by cooking them in the pressure cooker
14. then adding the rice and finishing all together. If you have an Instant Pot(R) you can prepare the ingredients in the Instant Pot(R) on Saute mode. There are 3 rules when cooking risotto in pressure cooker. First
15. the amount of stock has to be slightly more than two times the rice
16. about 20% more than double. For a creamier risotto
17. use more stock. Second
18. the cooking time is 4 minutes sharp after the first whistling. Not one minute longer
19. not one minute less. When you open the cooker
20. the rice will feel still uncooked but it will get soft in the 3 minutes of resting. Third
21. do not skip the resting time. It is essential for the rice to relax
22. release starch
23. and get that creamy texture typical of risotto.