

## Brown Rice Mushroom Risotto

Wolfgang Puck: Makes It Healthy

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- 1 ½ tablespoons extra virgin live oil
- 1 tablespoon minced garlic
- 1 tablespoon mince shallot
- 2 cups coarsely chopped fresh mushrooms of any kind
- 1 cup brown rice
- 1 ½ cups homemade Chicken stock or vegetable stock or good-quality canned low-sodium broth
- 1 tablespoon port
- Kosher salt
- Freshly ground black pepper
- 2 recipes Onion Soubise (see below)
- 1 cup fresh peas or frozen baby peas
- 2 tablespoons finely chopped fresh flat-leaf parsley or chives
- ¼ cup freshly grated Parmesan

1. In an electric pressure cooker pot with the lid off, heat the olive oil. Add the garlic, and shallot and sauté, stirring, until tender, about 3 minutes. Add the mushrooms and cook, stirring regularly, until most of the moisture they give up has evaporated, 10 to 15 minutes/
2. Add rice and stir well to combine with the mushroom mixture. Stir in the stock and port and salt and pepper to taste. Secure the lid on the pressure cooker, bring to full pressure, and set the timer for 15 minutes.
3. Meanwhile, prepare the Onion Soubise.
4. When rice is done, release the pressure and carefully remove the lid. Taste the rice. If it seems not quite tender enough, secure the lid, bring back the pressure, and cook about 2 minutes more before releasing the pressure and removing the lid again.
5. Once the rice is completely cooked, add the peas to the pressure cooker without stirring them into the rice. Secure the lid back on the pressure cooker and leave for 5 minutes to allow the peas to steam under residual heat. Then, uncover and stir the peas into the rice mixture.
6. Stir in the hot Onion Soubise. Taste and adjust the seasonings.
7. Serve immediately, garnished with the parsley or chives and Parmesan, if desired.

### Onion Soubise:

- ½ tablespoon extra-virgin olive oil
- 1 medium yellow onion, thinly sliced
- 2 garlic cloves, finely chopped
- 1-tablespoon dark brown sugar
- Freshly ground black pepper
- 2-tablespoons homemade chicken stock or good-canned low-sodium broth

1. In a medium nonstick skillet or saucepan, heat the olive oil over medium heat. Add the onion and the garlic. Sprinkle the sugar and add salt and pepper to taste. Cook, stirring frequently, until the onions have softened and turned a deep caramel brown, 10 -15 minutes.
2. Transfer the onions to a blender or food processor and add the broth. Pulse until pureed. Transfer to a non-reactive container and refrigerated until ready to use.