

RISOTTO WITH CORN, ZUCCHINI, AND RED PEPPER

1 (16-ounce) can fat-free, less-sodium chicken broth
1/3 cup water
1 tablespoon olive oil
½ cup chopped onion
1 cup uncooked Arborio rice or other short-grain rice
1/8 teaspoon powdered saffron
1 cup fresh corn kernels
1 cup finely diced zucchini
½ cup finely chopped red bell pepper
1/3 cup grated fresh Parmesan cheese
¼ teaspoon salt

Bring broth and water to a simmer in a medium saucepan; keep warm. Heat oil in a 6-quart pressure cooker over medium heat until hot. Add onion; sauté 2 minutes. Add rice and saffron; sauté 30 seconds. Stir in broth mixture. Lock the lid in place and bring to pressure over high heat. When high pressure is reached lower the heat to maintain it and cook for 3 minutes. Remove from heat; let stand 10 minutes. Place pressure cooker under cold running water. Remove lid; stir in corn, zucchini, and bell pepper. Cook, uncovered, 3 minutes; stir constantly until veggies are tender-crisp. Stir in cheese and salt.

MISS VICKIE'S SPANISH RICE

1 large onion—chopped
1 (28 ounce) can crushed tomatoes with juice
1 pound lean ground beef
1 (3 oz) can tomato paste
½ cup green bell pepper—diced
Salt and pepper to taste
2 teaspoons minced garlic
½ teaspoon chili powder, or to taste
½ teaspoon crushed red pepper flakes, or to taste
1 cup uncooked long grain white rice
2 cups tomato juice

Heat pressure cooker. Brown ground beef well, and drain off all but 1-2 tablespoons of oil. Sauté onion, and green pepper in cooker until tender, scraping up all the browned bits. Wash the rice until the water runs clear to remove starchy coating. Add the rice and remaining ingredients, mixing well. Close cover securely. Bring up to 15 lbs. pressure over high heat, immediately reduce the heat to maintain pressure and cook for 8 minutes. Let pressure drop of its own accord before opening the lid. Adjust seasonings.

Cook's Note:

1. Pay close attention to your pressure and heat when cooking rice to minimize scorching.
2. Use the rack or trivet in your cooker will keep food off the bottom of the pan.
3. A Flame Tamer will also minimize the chance of burning food.
4. Another trick is to rotate the pressure cooker every few minutes to prevent hot spots.

Garnish:

1. Sprinkle grated Cheddar cheese.
2. Add a dollop of sour cream on each serving.
3. Top with minced chives or green onions.

Variations:

1. Omit meat for a vegetarian dish.
2. After you remove the lid, stir in one can of drained, whole kernel corn.
3. Add 1 cup cooked red kidney beans or black beans after pressure is released.



SAVORY WILD RICE

2 tablespoons butter
1 medium onion—coarsely chopped
1 cup wild rice—rinsed and drained
2 stalks celery—thinly sliced
3 cups beef, chicken, or vegetable stock
1/3 cup dried mushrooms (about 1/2 ounce)
1 bay leaf

salt and pepper to taste

Garnish: 1/4 cup toasted pignoli or slivered almonds

Heat the butter in the cooker. Sauté the onion until soft, about 3 minutes. Stir in the wild rice, taking care to coat the grains with the butter. Stir in the celery, stock, mushrooms, bay leaf, and salt and pepper to taste. Lock the lid in place and over high heat bring to high pressure. Adjust the heat to maintain high pressure and cook for 22 minutes. Remove the cooker from heat and use the quick or cold water release method to drop the pressure before opening the lid. If most or all of the rice has not opened, lock the lid back into place and return to high pressure for an additional 2 to 8 minutes, as required. When the rice is done, remove the bay leaf and adjust seasonings. If the mixture is soupy, drain off any excess water and simmer gently at a low heat, stirring often to desired consistency. Garnish with nuts if desired.

Cooks Note: Wild rice varies dramatically in the amount of time it takes to "butterfly", or open up, the term used to describe the grains when they are properly cooked.



SOUTHWESTERN CONFETTI RICE

1/2 cup long grain white rice
1/2 cup chopped red peppers
1 scallion, chopped
1/2 cup cooked black beans
1/2 cup frozen corn
2 cloves garlic, pressed
1 cup water
1/4 cup packed cilantro leaves, chopped fine
1/2 cup bottled salsa

Place rice, peppers, scallion, corn, beans and garlic in rice bowl or 1 quart glass or metal dish. Add rack to the cooker and 1 cup water. Using foil helper handles lower the rice bowl into the cooker. Lock the lid in place and bring to pressure over high heat. When high pressure is reached lower the heat to maintain it and cook for 5 minutes. Let pressure drop of its own accord before opening the lid. Add chopped cilantro and salsa, fluffing gently with a fork to mix.

ORANGE RICE WITH PECANS

1 1/2 cup white basmati rice
2 cups orange juice
1/2 tablespoon ground coriander
2 scallions, chopped
1 - 11 ounce can mandarin oranges, drained
1/2 cup chopped pecans

Place rice, orange juice and coriander in a 6 cup rice bowl or 1 quart glass or metal dish. Add rack to the cooker and 1 cup water. Using foil helper handles lower the rice bowl into the cooker. Lock the lid in place and bring to pressure over high heat. When high pressure is reached lower the heat to maintain it and cook for 5 minutes. Let pressure drop of its own accord before opening the lid. Add chopped scallions, and oranges, fluffing gently with a fork to mix. Top with pecans.

RISOTTO WITH PORCINI AND PARMESAN

1 cup dried porcini mushrooms
2 cups boiling water
1-1/2 cups chicken stock, broth, or more as needed
4 tablespoons butter, divided
1 medium onion, chopped
2 garlic cloves, minced
1-1/2 cups short or medium grain rice (Arborio, carnaroli or vialone nano)
1/2 cup dry white wine
1/2 cup freshly grated Parmesan cheese
1/2 cup crumbled Gorgonzola cheese
Salt and pepper to taste
Rinse the dried mushrooms under cold running water to remove any grit. Chop coarsely and set aside. Measure the boiled water and add enough stock to yield 3-1/2 cups liquid. In a pressure cooker, heat 2 tablespoons of the butter over medium heat. Add the onions and cook until softened, about 3 minutes. Stir in the reserved mushrooms and garlic and cook 30 seconds. Add the rice and stir constantly until the rice is well-coated with butter, but not browned, about 1 minute. Add the wine and cook until it is almost completely evaporated, about 2 minutes. Add the water and broth. Lock the lid in place and bring to pressure over high heat. When high pressure is reached lower the heat to maintain it and cook for 6 minutes. Let pressure drop of its own accord before opening the lid. If necessary, return it to medium-low heat, add 1/2 cup broth or water and stir until the rice is tender and the liquid is creamy. Stir in the Parmesan cheese, the Gorgonzola, and the remaining 2 tablespoons butter. Season with salt and pepper.

MEXICALI RICE

1 can fat-free chicken broth, about 14 1/2 ounces
1/3 cup cold water
2 tablespoons butter
1/2 cup chopped onions
1/2 teaspoon turmeric
1 1/4 cup long grain white rice
1/2 cup bottled salsa
1 chopped tomato
salt and pepper to taste
Garnish: 1/3 cup packed, chopped cilantro
Heat the butter in the pressure cooker and sauté onions and tomatoes. Remove and combine with the rice, broth, water, turmeric, and salsa in a 1 quart glass or metal dish. Add rack to the cooker and 1 cup water. Using foil helper handles lower the rice bowl into the cooker. Lock the lid in place and bring to pressure over high heat. When high pressure is reached lower the heat to maintain it and cook for 5 minutes. Let pressure drop of its own accord before opening the lid. Add chopped cilantro and fluff gently with a fork to mix. Adjust seasonings as desired. Sprinkle with chopped parsley. Serve.



MEXICAN RICE WITH CORN

1 cup water
20 cilantro sprigs, with stems, finely chopped
2 large poblano, pasilla peppers, roasted/seeded, coarsely chopped
1 red bell peppers, roasted/seeded, coarsely chopped
1 tablespoon oil
2 teaspoons minced garlic
½ cup onion, finely chopped
1 cups long grain brown rice, rinsed/drained
2 cups boiling water (use higher amount in jiggle top pressure cooker)
2 teaspoons chili powder or to taste
1 teaspoon salt, or to taste
2 cups whole corn kernels
½ cup sliced black olives
Heat the oil in the cooker. Sauté the onion and garlic over medium-high heat, stirring frequently, until brown. Stir in the rice, coating with oil and add chopped cilantro and peppers. Add the boiling water, chili powder, salt and corn. Lock the lid in place and bring to pressure over high heat. When high pressure is reached lower the heat to maintain it and cook for 25 minutes. Let pressure drop of its own accord before opening the lid. Fluff up the rice and stir in the olives and corn before serving.

LEMON RICE

1 cup long grain rice
1 cup chicken stock
juice of 1 lemon OR about ¼ cup
¼ teaspoon salt
1 cup water
1 teaspoon lemon rind, grated
Grate the lemon and reserve the zest, then juice the lemon. Combine the rice, chicken stock, lemon juice and the zest or rind, and salt in a 1 quart glass or metal dish. Add rack to the cooker and 1 cup water. Using foil helper handles lower the rice bowl into the cooker. Lock the lid in place and bring

to pressure over high heat. When high pressure is reached lower the heat to maintain it and cook for 5 minutes. Let pressure drop of its own accord before opening the lid. Add chopped cilantro and salsa, fluffing gently with a fork to mix.

WHITE RICE

3 cups water
2 tablespoons butter
1 teaspoon salt
2 cups long-grain white rice
Pour water into cooker. Bring to boil on high heat. add remaining ingredients. Stir Close cooker. Bring to full pressure on medium-high heat. Reduce heat and cook for 5 minutes. Remove cooker from heat. Allow to cool naturally for 5 minutes. Press finger-tip control lightly to release pressure. Open cooker. Yield: 6 cups

BROWN RICE

4 cups water
2 cups long-grain brown rice
1 teaspoon salt
Pour water into cooker. Bring to boil on high heat. Add rice and salt. Stir. Close cooker. Bring to full pressure on high heat. Reduce heat and cook for 18 minutes. Remove cooker from heat. Allow to cool naturally for 5 minutes. Press finger-tip control lightly to release pressure. Open cooker. Yield: 6 cups



CREAMY RICE WITH VEGETABLES

2 Tablespoon. olive oil
1 medium onion, peeled and finely chopped
1 cup short grain CalRose or Arborio rice
1 14 ½ oz. can chicken or vegetable broth
2 small carrots, chopped
½ pound broccoli flowerets
1 teaspoon. dried Italian herbs
¼ cup freshly grated Parmesan cheese
In a pressure cooker, heat olive oil over medium high heat. Add onion and sauté until transparent. Add rice, stirring often, until lightly golden. Add the vegetables and broth. Stir to mix. Increase heat to high. Stir in herbs. Continue to stir until mixture comes to the boil to prevent sticking. Close lid and bring pressure to the first red ring. Immediately adjust heat to stabilize pressure at the first red ring. Cook for 7 minutes. Remove from heat and use Cold Water Release Method (run cold water over the top of the cooker).

SAFFRON RICE (KESAR CHAWAL)

2 c Rice
4 c Water
6 T Ghee
1 t Saffron threads (or less)
2 T Hot water
1 c Sliced onion
1 small Cinnamon stick - splintered
4 Bay leaves
4 large Black cardamoms
1 T Cumin seed
4 Cloves
2 t Salt
Soak saffron in hot water. Wash and soak rice in 3 c water (optional). Heat ghee and fry onions and then remove and keep aside. Add cinnamon, cumin seeds, cardamoms, cloves and salt. Wait 1 minute and then add the bay leaves and 1/2 the onions. Drain the rice and reserve the water. Add the rice grains and stir for 4-5 minutes until

all the water evaporates and the grains of rice are coated with oil. Add the water and bring to a boil. Add saffron and its water and pressure cook at 15 psi. Remove from the heat and allow the pressure to drop by itself.

WILD RICE WITH CHESTNUTS

1 tablespoons oil
5 shallots, peeled and finely chopped
2 celery ribs, finely chopped
1 cup wild rice, rinsed
1/3 cup dried, peeled chestnuts
¼ cup dried currants
2 teaspoon aniseed
¼ teaspoon sea salt, or to taste
4 cup water
1 teaspoon grated orange zest
Pressure cooker: heat the oil in the cooker. Add the shallots and celery and cook, stirring frequently, until softened slightly, about 1 minute. Stir in the rice, chestnuts, currants, aniseed, salt, and water. Lock the lid in place and over high heat bring to high pressure. Lower the heat just enough to maintain high pressure and cook for 25 minutes. Allow the pressure to come down naturally or use a quick release method. Remove the lid, tilting it away from you to allow any excess steam to escape. If the rice or chestnuts are not quite cooked, return to high pressure for a few minutes. Drain (reserving the liquid for stock) and return to the pot. Cover and let steam over low heat for a few minutes to dry out. Fluff up as you stir in the orange peel. Break up chestnuts into 2 to 3 pieces with a fork, if desired..

RICE AND CHEESE

2 T sweet butter
1 T olive oil
1/3 c finely minced onions
1-1/2 cups Arborio rice
3-1/2 to 4 cups vegetable or chicken stock
1 c grated Gruyere cheese (4 oz)
1/4 c grated Parmesan
Salt and pepper to taste
Heat the butter and oil in the cooker. Sauté the onion until soft but not brown, about 2 min. Stir in the rice, making sure to coat it thoroughly with the fat. Stir in 3-1/2 c of the stock (watch for sputtering oil). Lock the lid in place and over high heat bring to high pressure. Adjust the heat to maintain high pressure and cook for 6 min. Reduce pressure with a quick-release method. Remove the lid, tilting it away from you to allow any excess steam to escape. Taste the rice, and if it's not sufficiently cooked, add a bit more stock as you stir. Cook over medium heat until the additional liquid has been absorbed and the rice is desired consistency, another minute or two. When the rice is ready, stir in the Gruyere and Parmesan, add salt to taste.

RISOTTO WITH CHEESES

2 T sweet butter
1 T olive oil
1/3 c finely minced onions
1-1/2 cups Arborio rice
3-1/2 to 4 cups vegetable or chicken stock
1 c grated Gruyere cheese (4 oz)
1/4 c grated Parmesan
Salt and pepper to taste
Heat the butter and oil in the cooker. Sauté the onion until soft but not brown, about 2 min. Stir in the rice, making sure to coat it thoroughly with the fat. Stir in 3-1/2 c of the stock (watch for sputtering oil). Lock the lid in place and over high heat bring to high pressure. Adjust the heat to maintain

high pressure and cook for 6 min. Reduce pressure with a quick-release method. Remove the lid, tilting it away from you to allow any excess steam to escape. Taste the rice, and if it's not sufficiently cooked, add a bit more stock as you stir. Cook over medium heat until the additional liquid has been absorbed and the rice is desired consistency, another minute or two. When the rice is ready, stir in the Gruyere and Parmesan, add salt to taste. Serve immediately.

WILD RICE CASSEROLE

2 large shallots
4 tablespoons unsalted butter
3/4 cup wild rice
1/4 cup barley (not quick cooking)
1/4 cup dry sherry
1 1/2 cups beef stock or broth
6 oz. mushrooms, sliced
Salt to taste
1 1/2 cups water
Mince the shallots. Melt 2 tablespoon butter in the salt to taste. This dish can be made several days in advance and refrigerated. Reheat on the stove or in the microwave oven before serving



FORTY SHADES OF GREEN

1 ¾ cups water or vegetable stock
1 cup brown rice
1 teaspoon salt
4 green onions, chopped
6 ounces tender leaf spinach, stems removed, finely chopped
1 cup parsley sprigs, chopped
½ cup fresh basil leaves, chopped
½ cup cilantro or mint leaves, chopped
1/8 teaspoon fresh ground pepper
2-3 Tablespoon. sour cream, if desired
Combine the water or broth, rice and salt in the pressure cooker. Cover and bring up to High pressure. Reduce heat to stabilize pressure and cook 18 minutes. Release pressure and let stand, covered 5 minutes. Add the remaining ingredients and mix well. Serve hot or at room temperature. NOTE: For the easiest preparation, chop the greens in a food processor. Yield: 4-6 servings.

RISOTTO WITH GRUYERE AND PARMESAN

2 T sweet butter
1 T olive oil
1/3 c finely minced onions
1-1/2 cups Arborio rice
3-1/2 to 4 cups vegetable or chicken stock
1 c grated Gruyere cheese (4 oz)
1/4 c grated Parmesan
Salt and pepper to taste
Heat the butter and oil in the cooker. Sauté the onion until soft but not brown, about 2 min. Stir in the rice, making sure to coat it thoroughly with the fat. Stir in 3-1/2 c of the stock (watch for sputtering oil). Lock the lid in place and over high heat bring to high pressure. Adjust the heat to maintain high pressure and cook for 6 min. Reduce pressure with a quick-release method. Remove the lid, tilting it away from you to allow any excess steam to escape. Taste

the rice, and if it's not sufficiently cooked, add a bit more stock as you stir. Cook over medium heat until the additional liquid has been absorbed and the rice is desired consistency, another minute or two. When the rice is ready, stir in the Gruyere and Parmesan, add salt to taste. Serve immediately. Serves, 4 as a main course

CARIBBEAN RICE AND BEANS

1 tablespoon. oil
2 teaspoon. minced garlic
1 cup coarsely chopped onions
1 jalapeño pepper, seeded and chopped, or a generous pinch of crushed red pepper flakes
1 cup diced red bell pepper
1 cup coarsely chopped plum tomatoes
2 to 2 ¼ cups boiling water (use higher amount in jiggle-top pressure cookers)
1 ½ cups long-grain brown rice
½ cup dried, grated, unsweetened coconut
½ teaspoon. dried thyme or oregano leaves
1 teaspoon. salt or to taste
1 cup cooked black-eyed peas (cooked in the pressure cooker ahead of time, or use canned)
¼ cup finely minced cilantro
2 very ripe plantains, peeled and cut on diagonal into thin slices and fried in butter
Heat oil in pressure cooker. Add garlic, onions and peppers; cook over medium-high heat, stirring frequently, 1 minute. Add water, rice, coconut, thyme and salt. Lock the lid in place and bring to pressure over high heat. When high pressure is reached lower the heat to maintain it and cook for 25 minutes. Let pressure drop of its own accord before opening the lid. Add cooked peas and cilantro and coconut. Stir well, top with plantains.