Lentil Risotto

beans DIALED

basis brown lentils = 200 g

	Ingredient	Grams	Baker's	Total	Method
1	brown lentils	200	100.0%	13.7%	soak lentils for ***8 hours***.
2	olive oil onion, chopped	15.0 220	7.5% 110.0%	1.0% 15.1%	Saute onions until just softened.
3	celery, chopped parsley, stems and leaves chopped	60.0 10.0	30.0% 5.0%	4.1% 0.68%	Add celery, parsley saute for ***1 min***.
4	arborio rice garlic cloves, mashed	215 8.0	107.5% 4.0%	14.7% 0.55%	Add the rice and garlic and saute until the rice is wet and pearly (about ***1 min***)
5	vegetable stock	730	365.0%	49.9%	Add the stock and strained lentils. Cook at high pressure (1 bar) for ***7 minutes***. Use quick release[1] of the pressure.
6	salt	3.5	1.8%	0.24%	Stir and serve.
	Total	**1462**	730.8%	100.0%	

[1]Normal release: Open the valve fully (button, lever or slide) to let the steam out; 2-3 min. For vegetables and quick-cooking food; not most beans, grains or fruit. Jolt thick dishes (chili, risotto) a few times before opening the lid.