Minestrone

soup DIALED

	Ingredient	Grams	Baker's	Total	Method
1	olive oil	15.0		0.68%	Saute aromatics until soft around ***5 min***.
	onion, chopped	160		7.3%	
	carrot, chopped	160		7.3%	
	celery, chopped	160		7.3%	
	fresh sage	*1 sprig*			
	fresh rosemary	*1 sprig*			
2	vegetable stock	1000		45.3%	Add ingredients and cook at high pressure for ***15 min***. 10 min natural release[1].
	tomatoes, chopped	400		18.1%	
	borlotti beans, soaked overnight (dry weight)	200		9.1%	
3	ditalini pasta	100		4.5%	Return pot to a boil uncovered.
4					Add the pasta and cook uncovered for the recommended time.
5	salt	8.5		0.39%	Add seasoning and serve.
	black pepper	2.5		0.11%	
	extra-virgin olive oil	*to taste*			
	parmesan	*to taste*			
	Total	**2206**		100.0%	

[1] 10-minute natural release: Turn off the heat and wait 10 min, lid closed for the full 10 min even if the pressure drops sooner; then release what is left slowly. For grains.