
KITCHEN CONNAISSEUR

Wild Rice with Mushrooms



This wild rice and mushroom recipe is a natural served with our Raspberry Chicken. Makes 5 cups of cooked rice and mushrooms, or 4-6 servings.

ingredients

1 cup	Canadian Wild Rice
3 cups	Chicken stock or water (your own stock or canned, low salt if available)
1 cup	Water
1/2 tsp	Salt (optional)
2 cups	Mushrooms- fresh, shiitake, morels or button, or mixed
2 Tbsp	Roasted Garlic Olive Oil
To taste	Salt- preferably fleur de sel
To taste	Black Pepper- freshly ground
Dash	Lemon juice - freshly squeezed

instructions

To Prepare the Wild Rice:

1. Using a sieve or strainer thoroughly rinse wild rice.
2. Place the wild rice, stock and water in a heavy 3L or 3 quart saucepan.
3. Bring to a boil. Reduce heat to low, cover and cook at a simmer or slow boil for 1½ - 2 hours, or until the rice is tender and puffed and the liquid is absorbed. Stir and check the rice occasionally. Taste the rice and add salt as desired. With a fork fluff up the rice. Cover and let stand for 5 minutes. Drain off any excess liquid.

To Prepare the Mushrooms:

1. Wash the mushrooms removing any loose particles. Slice them in thin or ¼" slices.
2. In a large skillet, on medium high heat, heat the Roasted Garlic Olive Oil. Add the sliced mushrooms and toss them in the oil. Toss frequently until they are darkened in colour and become a tender juicy texture. Reduce the heat during this process if the mushrooms are cooking too quickly – allow them to simmer 5-10 minutes. Season with salt, pepper and lemon juice.

To finish the dish:

1. Toss the sautéed mushrooms into the wild rice. Adjust seasoning with salt and pepper. Serve hot and /or immediately!