



WILD RICE RECIPES

By Goose Valley Natural Foods



Toasted Hazelnut Wild Rice

with Brown Butter, Golden Raisins, Roasted Garlic, Parsley

INGREDIENTS

4 c. wild rice
10 c. water
¼ c. olive oil
1 bulb garlic, roasted and chopped
4 tbsp. unsalted butter
1 c. hazelnuts, chopped
½ c. golden raisins
¼ c. fresh parsley, minced
Fine sea salt and freshly ground black pepper for seasoning

PREPARATION

Cook the Wild Rice

Bring wild rice and water to boil. Cover, lower heat and simmer for 42 minutes. Drain any remaining liquid, pour rice onto sheet pan, drizzle with olive oil, and season well with salt.

Toast the Hazelnuts

Preheat oven to 350 degrees F. On a baking sheet, lined with parchment paper. Spread hazelnuts in an even layer. Toast for 10 minutes until dark golden brown, then cool completely.

Make the Brown Butter

Melt butter in skillet over medium heat. Cook, stirring occasionally, until butter is light amber in color and fragrant, for 5-10 minutes.

Assemble the Dish

Stir the nuts into the butter. Pour hazelnut butter over wild rice then gently stir to coat the grains. Fold in the raisins, garlic, and parsley. Season with salt and pepper. Serve warm.

Eat Wild!®