

WILD RICE PILAF

This side dish was one of two dishes created for our Great Lakes Indigenous Food cooking demonstration. Wild rice has a long history in the Great Lakes region. Enjoy this flavorful yet simple recipe with the Braised Buffalo!

Chef Rob Trufant, Kellogg Catering

Featured Food: wild rice

Yield: 4-6 servings

Ingredients

1/2 cup Wild Rice	1/2 Onion, small dice
1 Cup Hominy	1/2 cup Tart Cherries, dried
1-2 Stalks Celery, small dice	2 cups Vegetable Stock
1 large Carrot, small dice	Salt to taste

Preparation

1. Wash & prepare vegetables as listed above .
2. Sautee carrots in large sauce pan in oil until browned around edges. Add onion until browned and celery. Cook until translucent.
3. Add tart cherries and wild rice and cook until fragrant.
4. Add vegetable stock, season with salt to taste.
5. Cover and simmer until liquid is absorbed. Remove from heat & fluff with fork.
6. Serve with Braised Buffalo and enjoy!