

Wild Rice Bowl Recipe



Ingredients

½ cup wild rice
A pinch of salt
1 ½ cups water (may need up to a cup more)
1 Tbsp. oil (optional - take caution with hot oil)

Choices for wild rice bowl: *(cooked) squash, mushrooms, zucchini, blueberries, raisins, sour cherries, ground cherries, parsley, mint, sumac, maple syrup, sunflower or pumpkin seeds (* fruits can be fresh or dried)*

Prep: *chop your choices for your wild rice bowl into smaller pieces if necessary (namely, squash, mushrooms, zucchini, ground cherry, herbs)*

Supplies and Materials: *Cutting board, knife, pot with lid, measuring cups, measuring spoons, spoon (to stir), bowl*

Directions

Toast the rice

Heat the oil in a saucepan on medium-low, then lightly sauté the rice so it gets warm and toasty! If you are not using oil, you can lightly toast the rice in the pan by itself just until they become aromatic and color a little (1 to 2 minutes).

Boil the rice in water

Add 1½ cups of water to the pan, bring to a boil, add a dash of salt and then cover the pan.

Reduce the heat

After you reach a boil, turn your stove down. Cook the wild rice on low for about 20 minutes.

10 minute check-in (does your wild rice need more water?)

After 10 minutes, check to see if more water is needed (you'll know if the water is almost gone).

Let cool and create your wild rice bowl

In the ingredients listed (at the top of the page) we have come up with a list of fruits, herbs, spices and vegetables. Some ingredients are more traditional combinations, others are local MN foods that could make good pairings too. Choose two (or more) ingredients to add to your wild rice bowl!

Enjoy the Seeds of your labor!

Wild rice is named **Manoomin** in **Ojibwe**, which means “*the good seed*”. (When you eat wild rice, you are eating a seed, not a grain!) Manoomin is sacred to the ojibwe and other indigenous tribes. Because companies push pollution to their waters, people must work hard to protect it. If our water is polluted, that could mean no wild rice. As you enjoy your wild rice, take a moment to think how important water is. Water is life and Manoomin is the good seed. This is nourishment from the lakes to our tummies!