

Wild Rice Pilaf

Ingredients

- 1 c wild rice
- 1 c brown rice, japonica or red quinoa
- 1 leek (thinly sliced)
- 1/2 c fennel or celery
- 2 clv garlic
- 1 t thyme
- 3/4 c pecans (toasted)
- 1/2 c dried cranberries (or sundried tomatoes)
- 1/4 c orange juice (freshly squeezed)
- 1/2 c parsely (finely chopped)

Instructions

<p>
To cook the grains:</p>
<p>
1 c wild rice : 2.5 -3 water (makes about 4 c) bring to boil, simmer 55 mins. let stand 10 mins. </p>
<p style="margin: 0.0px 0.0px 0.0px 0.0px; font: 14.0px 'Arial Narrow'">
1 c. brown basmati, black japonica, millet or red or white quinoa (make about 3 c)

Wild Rice Pilaf

 :cook according to package instructions in broth or water.</p>

<li style="margin: 0.0px 0.0px 0.0px 0.0px; font: 14.0px 'Arial Narrow'">

Heat olive oil or butter in a skillet over medium heat.

<li style="margin: 0.0px 0.0px 0.0px 0.0px; font: 14.0px 'Arial Narrow'">

Add diced leeks or onion and sauté until soft

<li style="margin: 0.0px 0.0px 0.0px 0.0px; font: 14.0px 'Arial Narrow'">

Add garlic, thyme.

<li style="margin: 0.0px 0.0px 0.0px 0.0px; font: 14.0px 'Arial Narrow'">

Wild Rice Pilaf

Add nuts and dried berries or veg.,* and rices, stir until all combined

<li style="margin: 0.0px 0.0px 0.0px 0.0px; font: 14.0px 'Arial Narrow'">

Lastly add herbs, orange juice and season with salt and pepper.

<li style="margin: 0.0px 0.0px 0.0px 0.0px; font: 14.0px 'Arial Narrow'">

Can use as a warm pilaf or salad.

<p>

 </p>

<p>

* instead of sweet cranberries, I sometimes use dried shitake or porcini mushrooms- soak for 20 mins in warm water or marsala</p>