



HCSF Newsletter

September
2009

September is here...the month for wild rice gathering, back to school and the arrival of Autumn on the 22nd. Wild rice will last in the pantry for months -- but we bet it won't stay there long with all the yummy recipes and suggestions we bring to you in this issue! Enjoy the cooler days of fall with nature walks, apple picking and leaf peeping with the whole family!

Wild Rice: watnλʔá · kwas – Oneida, manoomin – Ojibwe, pawahan – Menominee

When you have time, make wild rice in large quantities. Then freeze in one to two-cup sized portions in zip top freezer bags. When you have one of those days when making dinner seems like a Herculean task...try this quick and easy dinner:

Thaw one or two of your portions of frozen rice in the microwave. When it is thawed, place it on the stove top in a pan, add one can of black beans (drained and rinsed), a little cumin (or other favorite seasoning). Stir to combine and heat through. Serve and Enjoy!

Quick Wild Rice Stuffing – Add ½ cup cooked wild rice to each 2 cups of your favorite bread stuffing

Other fast and easy ideas: **Fast Food Soup!** Take one of the thawed portions of wild rice and throw it into your favorite soup; heat to a simmer. Serve and Enjoy!



Need another soup idea? Try...

Have a little more time? Try...

OR...

Quick and Easy Wild Rice and Black Bean Soup



Ingredients:

1 can black beans, drained and rinsed
1-2 cans low sodium chicken broth
1 cup cooked wild rice
Add any veggies you'd like!

Place all ingredients in a pan on the stove. Heat through. Serve and enjoy! Leftover chicken or turkey would be a good addition to this soup!

Wild Rice Meat Loaf



Ingredients:

1 pound ground turkey or venison
3 eggs, beaten
½ cup breadcrumbs
2 cups cooked wild rice
2 stalks of celery, chopped
¾ cups sliced fresh mushrooms, chopped
1 teaspoon salt
¼ teaspoon pepper

Combine all ingredients and mix well. Shape into a loaf and place on a baking sheet covered with aluminum foil. Bake at 350° for 1 hour. Let cool for 10 minutes before serving.

Wild Rice and Cranberry Casserole



Ingredients:

½ cup onion, diced
½ cup celery, diced
½ cup fresh mushrooms
2 T olive or canola oil
3 cups cooked wild rice
1 cup low sodium chicken broth
1 teaspoon garlic powder
½ teaspoon ginger (optional)
½ cup dried cranberries
½ cup slivered almonds (optional)

Add onion, celery and mushrooms to oil in a large pan over medium heat. Cook until soft, 7-10 minutes. Add veggie mixture with remaining ingredients (wild rice through almonds) in a large bowl. Mix well and transfer to a greased oven-safe casserole dish. Bake at 350° for 30 minutes.

Did you know?

Whole heads of garlic stored in an airtight container of uncooked wild rice will stay fresh for months (they won't send up that green sprout)!

Wild and White Rice Blends

To blend wild rice and white rice, cook separately then blend. These two rices should not be cooked together as white rice takes about 15 minutes to cook while the wild rice takes between 45-60 minutes.



Wild Rice Yields	
1 cup uncooked yields 3 to 5 cups cooked	
1 pound (or 2 ¾ cups) uncooked yields 8-10 cups cooked	
Approximate Wild Rice Cooking Times	
Black wild rice	45 to 60 minutes
Brown wild rice	30 to 45 minutes
Blond wild rice	10 to 20 minutes
Quick or instant wild rice	3 to 10 minutes
<p>Check rice about halfway through the cooking time, and then every ten minutes. Wild rice is done when most of the kernels are split open to reveal the white inside, and a few have "butterflied", or opened all the way and are peeled back. The rice will be tender yet still a bit chewy.</p>	

	How long will this last?	How do I store it so that it keeps the longest?	Can I freeze this?
Potatoes 	1-2 months	Store in paper bags with holes poked in it (sounds like a great job for the kids!). Store in a cool, dry, ventilated place. Do NOT store with onions as this will cause rot.	Cooked potatoes make the best candidates for freezing –such as hash browns (cook only until they are just brown, and finish them when you take them out of the freezer), or freeze cooked mashed potatoes. Mashed sweet potatoes freeze well too!
Onions 	Up to six months	Store in paper bags with holes poked in it (round up those kids again!). Store in a cool, dry, ventilated place. Do NOT store with potatoes as this will cause rot. Also, don't put too many onions in each bag, they need air circulation.	Due to their high water content, onions do not freeze very well. But we have another fun storage tip for you: Take a washed pair of used or new pantyhose and place the onions into the feet. Next, tie a knot in the pantyhose above each whole onion. Repeat this process until both legs are full or you have inserted all the onions. Hang the pantyhose in a cool, dry and dark place, such as a pantry, closet or cellar. When you need an onion, simply cut the hose right below the end knot.
Carrots 	3 weeks	Refrigerate in plastic bags. Limp carrots can be resuscitated by soaking them in ice water for 30 minutes.	Blanch small whole carrots 5 minutes, or blanch diced pieces or lengthwise strips for 2 minutes. Transfer blanched and cooled carrots directly into suitable containers for freezing.