

Rice on the Wild Side

1/2 cup (1 stick) butter or non-dairy butter, such as earth balance
1 cup uncooked wild rice
1 cup finely chopped onions
2 cloves garlic, minced
1/4 cup honey
1 1/2 cups orange juice
1 1/2 cups chicken or vegetable broth
3/4 teaspoon salt
1/4 teaspoon ground coriander
1/4 teaspoon ground cardamom
1/8 teaspoon ground nutmeg
2 cups diced sweet potatoes (about 1 pound)
2 cups diced butternut squash (about 1 pound)
1/2 cup chopped fresh cranberries
1/2 cup toasted pecans

Melt butter in a heavy 3-quart Dutch oven. When butter is melted and hot, add wild rice and onions. Cook, stirring, for 5 minutes. While rice and onions are cooking, bring orange juice and broth to a boil. You can do this in a 4-cup glass measure in the microwave oven or in a saucepot on the stove. Add garlic to wild rice mixture and cook for 2 more minutes. Stir in honey and blend well. Add hot liquid mixture to pot along with salt, coriander, cardamom and nutmeg. Stir in the sweet potatoes and squash. Bake, covered, in a preheated 350-degree oven for 45 minutes. Remove cover and stir in chopped fresh cranberries. Replace cover and bake for another 15 to 30 minutes, until rice and squash are tender and almost all of the liquid has cooked away. Sprinkle with toasted pecans and serve. Makes 8 side servings.

Tips for the cook

- Some grocery stores and natural food stores offer spices in their bulk food department. It allows shoppers to buy spices such as coriander and cardamom, which may be used only occasionally, in small quantities rather than having to buy a whole jar. Purchasing spices in small quantities ensures fresh flavor. In Bemidji, Harmony Food Co-op is one of those places.
- Toast pecans in a single layer on a baking sheet in a 350-degree oven for 8 to 10 minutes. I toast a pound of pecan halves at a time. Once they are cool, I store them in a sealed jar in my pantry. I use them regularly. Used only occasionally, pecans should be stored in the refrigerator or freezer to preserve freshness.

Mixed Greens with Roasted Beets, Spiced Honey Walnuts, and Shallot Vinaigrette

Shallot Vinaigrette

1/4 cup freshly squeezed lemon juice
2 tablespoons olive oil
2 tablespoons honey
1/4 cup chopped shallots
1 chubby clove garlic, chopped
1/4 teaspoon salt
1/4 teaspoon freshly ground black pepper

Spiced Honey Walnuts

1 tablespoon butter
1/4 cup honey
1 teaspoon salt
1 teaspoon ground cumin
1 teaspoon chili powder
1/4 teaspoon cayenne
2 teaspoons sesame seeds
3 cups walnut halves and pieces

Salad

2-3 medium-sized beets
1 (4- to 5-ounce) bag mixed baby greens
2 cups baby arugula
1/3 cup dried cranberries
1 tart apple, cut into matchsticks
4 ounces blue cheese, crumbled

Make shallot vinaigrette by putting all of the ingredients in a blender and process until emulsified. Adjust seasoning to taste. Set aside.

For the salad, preheat oven to 400 degrees. Trim beets and wrap individually in aluminum foil. Place in a shallow baking dish. Roast for about an hour or until a sharp paring knife can easily be poked into the beets. Remove from the oven and allow to cool slightly. When cool enough to handle, use your fingers or a paring knife to remove the skin from the beets. Cut beets into 1/2-inch cubes and set aside.

For the walnuts, line a jelly roll pan with aluminum foil and coat with butter or coconut oil. In a medium-sized saucepan, melt butter with honey over medium-low heat. Stir and cook until mixture bubbles and begins to foam. Remove from heat and add the salt, cumin, chili powder, cayenne, and sesame seeds. Mix well. Add the walnuts and stir to coat. Spread nuts in a single

layer on the prepared pan. Bake at 400 degrees until lightly browned, 6 to 8 minutes, stirring once. Remove from oven and cool in pan.

To assemble the salad, place rinsed greens in a large salad bowl with cranberries and apples. Toss with just enough vinaigrette to coat the greens and make them glisten. Add beets, blue cheese, and walnuts, and toss lightly. The beets will turn everything red if you get too carried away. Serve. Serves 6.

Tips for the Cook

- A day or two before assembling the salad, beets can be roasted, vinaigrette can be prepared and stored in a covered jar in the refrigerator, and walnuts can be made and stored in a sealed container in the refrigerator. Hide the spiced honey walnuts in the back or they may disappear by the time you make your salad.
- This salad looks beautiful when you plate it before serving. Toss the greens with cranberries, beets, and vinaigrette. Arrange the mixture on salad plates. Sprinkle with blue cheese crumbles and spiced honey walnuts. Place a small mound of apple matchsticks in the center of each salad.

From *Homemade with Honey*, by Sue Doeden. 2015.