

Minnesota Native Harvest Wild Rice Stir-fry with Nardello Peppers and Tuscan Kale

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For the Wild Rice:

1 cup raw Native Harvested and Hand Parched Wild Rice
½ tsp salt
1 ¾ cups water

Bring the water and salt to a rolling boil in a heavy bottomed saucepan. Add the rice, stir and cover. Reduce heat to low and cook for about 20 minutes. Check the level of water and continue to cook until the rice is tender but slightly firm. Pour out extra water if necessary. Cover the rice and allow to cool in the pan. *Best if done up to one day in advance and chilled, as for fried rice.*

For the Stir Fry

1 bunch kale
1 cup onions, chopped
1/3 cup dried cranberries (fruit juice sweetened preferred)
1/3 cup toasted pine nuts
¼ tsp red pepper flakes
1 cup Jimmy Nardello Peppers, cut into thin strips (about 2 peppers)
extra-virgin olive oil
salt

Place a moderate amount of oil into a heavy skillet over medium heat. Add the onions and a small amount of salt and cover. Reduce the heat to medium-low and sauté until the onions become transparent, stirring occasionally. Remove the lid and reduce the heat to low and continue to sauté, stirring occasionally until the onions are reduced in volume and are a golden color. Remove from the heat and set aside. *May be done up to one day in advance.*

Rinse the kale. Do not remove the water from the leaves. Remove the central rib from each leaf and cut into one-quarter-inch ribbons; set aside.

Place a small amount of oil into a wok or large skillet over high heat. Add the pepper strips and sear. Remove from the pan and set aside. Add a small amount more of oil and the kale and cook until the kale is mostly tender. Add the caramelized onions, wild rice, dried cranberries and pepper flakes and cook until the rice is hot and the kale is tender. Toss the pine-nuts and pepper strips into the stir-fry and serve immediately. Serves 8 as a side dish

Sources: Wild Rice is available from White Earth Land Recovery Project
www.nativeharvest.com

Nardello peppers are available from several of our member farmers