

Wild Rice Salad & Maple Vinaigrette

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Wild rice has a nutty flavour. It was originally grown in Northern Ontario lakes. In the 1960's, the rice was seeded in the Northern Lakes of Saskatchewan where it was successfully introduced. Since then, Saskatchewan has become the largest producer of wild rice.

Wild Rice Salad

Ingredients

1 cup wild rice, rinsed	½ cup walnuts, coarsely chopped
1 teaspoon salt	2 green onions, finely sliced
1 cup blueberries or saskatoon berries	1 piece of dried bison or beef jerky (optional)
½ cup pumpkin seeds or sesame seeds (hulled)	Ground black pepper and salt to taste

Directions

1. Add rinsed wild rice, salt, 3 ½ cups of water to a pot and bring to a boil. Turn heat down to low, cover and simmer until rice is done, about 50 minutes. Transfer rice to a strainer to drain excess water, then set aside to cool.
2. Place berries on a sheet pan with parchment paper and place in a 325 F oven until dried. Set aside to cool
3. Combine rice, berries, walnuts, and green onions with a maple vinaigrette
4. (Optional) top with shredded bison jerky

Maple Vinaigrette

Ingredients

¼ cup light organic oil of your choice	1 teaspoon lemon zest
¼ cup maple syrup	2 tablespoons lemon juice
2 tablespoons apple cider vinegar	Salt and pepper to taste

Directions

Whisk together ingredients until well blended and place into a container. Shake well before using. Mix dressing with salad to ensure it is completely coated.

