



delicious

spring 2016

Really Wild Rice Salad

by Ruby Cheryl Lawton

I LOVE this salad. It is a recipe that encourages the inspiration and diversity that only seasonal ingredients can offer. Add your favorite flavors, colors and textures to adapt this salad for any occasion. I prepared this dish for one of our Wine Club pick-up parties and it received rave reviews. I had so many requests for the "how to" from our members that it only made sense to feature this delicious dish in the spring shipment. Voila!

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the ingredients

4 c water
1 † salt
1 c wild rice (about 6oz)
1/2 c finely chopped dried calimyma or mission figs
1/3 c chopped toasted pecans
1/3 c chopped cashews
1/4 c chopped green onion tops
2 T finely chopped celery
2 T finely chopped red onion

dressing

2 T red wine vinegar
1 T fresh lemon juice
1 garlic clove, mince
1 † dijon mustard
1† sugar
1/4 c vegetable oil
1/4 c olive oil

The list of seasonal fruits & vegetables to substitute in this are endless. Consider these possible substitutions or additions: almonds, fresh corn kernels, fresh blueberries/mango/cherries. Any kind of dried fruit (cranberries/blueberries/mango/cherries/apricots/peaches), roasted butternut squash, mushrooms, various olives, capers, artichoke hearts.

the method

1. Combine 4 cups water and salt in medium saucepan and bring to boil. Add rice. Reduce heat to medium-low, cover and simmer until rice is tender, about 45 mins. Drain well. Cool.
2. Transfer rice to a large bowl. Mix in all the remaining ingredients (figs, pecans, cashews, onion, celery, etc.) Cover and refrigerate. (This can be prepared to this point up to 1 day ahead).
3. Mix vinegar, lemon juice, garlic, mustard and sugar in blender. With blender running gradually add in both oils. Pour dressing over rice mixture and toss. Adjust seasonings. Serves 6.