

INGREDIENTS

- 2 tablespoons sunflower oil
- 1 pound assorted mushrooms, cleaned
- 1 tablespoon chopped sage
- 1/2 cup chopped wild onions
OR shallots
- 1/2 cup vegetable stock
- 2 cups cooked wild rice
- 1/2 cup dried cranberries
- 1 cup chopped nuts OR roasted, peeled chestnuts, if available*
- (See recipe below)
- 1 tablespoon maple syrup OR to taste
- 1/2 teaspoon salt OR to taste

*ROASTED CHESTNUTS

- Use the sharp point of a small knife to score an X on the flat side of the chestnut.
- Roast in oven at 350F until skins begin to peel back (10-25 minutes).
- Remove, and when cooled, peel and chop.

Wild Rice Pilaf with Wild Mushrooms, Roasted Chestnuts, and Dried Cranberries



4-6 servings



30 minutes

DIRECTIONS

1. Roast fresh chestnuts, allow for cooling, and chop to add to rice pilaf* (see recipe notes)
2. Cook wild rice to prepare for pilaf recipe
3. Heat a skillet over medium-high heat and add the mushrooms, sage, and onion.
4. Cook, stirring, until the mushrooms are nicely browned and the onion is soft (about 5 minutes)
5. Stir in the stock, cooked wild rice, and cranberries.
6. Cook until the liquid is nearly evaporated.
7. Stir in the chopped, roasted chestnuts OR nut of your choice (walnuts, pecans almonds),
8. Season with maple syrup and salt to taste
9. Serve & Enjoy this holiday season!

Recipe adapted from
*The Sioux Chef's
Indigenous Kitchen*
by Sean Sherman with
Beth Dooley



THE
SIoux CHEF'S
INDIGENOUS KITCHEN



SEAN SHERMAN WITH BETH DOOLEY

This recipe card is made especially for you by
Puyallup Tribal Health Authority's Full Circle Wellness Team!



Puyallup Tribal Health Authority