

Wild Mushroom Wild Rice Salad



Ingredients

- 1 3 oz fennel, diced small ¼ inch dice
- 1 small carrot, peeled and thinly sliced ¼ inch slices
- 2 oz garlic scapes, thinly sliced
- 1 bunch scallions, thinly sliced, tops and bottoms trimmed
- 1 large clove garlic grated or minced
- 10 oz chanterelles preferably smaller buttons
- 4 oz thinly sliced or diced bacon optional
- 4 tablespoons unsalted butter or oil use butter if you'll serve it hot or warm, oil if you'll serve it as a salad
- 2 oz ¼ cup lightly toasted black walnuts, optional

Info

- **Prep:** 30
- **Cook:** 30
- **Serves:** 4-6
- [Source](#)

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- 1 cup natural wild rice
- 2 cups chicken stock or water
- Generous handful of roughly shredded herbs such as oregano, basil, thyme, dill, mint, tarragon, chives, or a combination of whatever you have, to taste
- Kosher salt and fresh ground black pepper

Directions

Rice

1. Combine the wild rice, $\frac{1}{2}$ teaspoon salt (skip the salt if you use stock that's seasoned) water or stock and bring to a simmer.
2. Cover the pan and cook on low for 20 minutes or until the rice is tender and the liquid has been completely absorbed. Allow the rice to rest while you're preparing the rest of the ingredients.

Chanterelles and Vegetables

1. Clean the chanterelles by swishing in water quickly if needed. Large mushrooms should be cut in half. Small buttons that haven't opened their caps should be left whole.
2. Render the fat from the bacon if using slowly on medium-high heat in a large 10-12 inch cast iron skillet.
3. When the fat has released, add the chanterelles, turning the heat to medium and cooking until their liquid has released and the mushrooms have begun to take on some color. If the pan threatens to get dry, add a splash of stock or water.
4. Add half the butter or oil, vegetables (except the scallions) and garlic, season with a generous pinch of salt, turn the heat to medium-low, cover and cook, stirring occasionally, for about 10-15 minutes or until the vegetables are tender.
5. Add the rice and the nuts, remaining butter or oil, stir and heat through. Double check the seasoning and adjust until it tastes good to you. It should be lightly dressed with fat, herby, and well seasoned. Serve garnished with a few dill flowers, if using.



- - The rice will keep for 3-4 days in the fridge.
- - To serve the dish as a cold or room temperature salad
- - Season the dish with a little extra oil and salt as chilling mutes flavors. I like to pack it into deli containers and bring it in a cooler for a quick, filling meal in the field. Before serving I might add lemon juice or vinegar, and more fresh herbs.

[fennel](#), [carrot](#), [garlic](#), [scallions](#), [chanterelles](#), [mushrooms](#), [bacon](#), [rice](#), [wild rice](#), [walnuts](#), [nuts](#), [stock](#), [oregano](#), [basil](#), [thyme](#), [dill](#), [mint](#)

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