

WILD RICE ACTIVITIES

Wild Rice Tasting

What you need:

- Different varieties of wild rice
- Stove
- Pot
- Water

How to Cook:

2/3 c. wild rice

2 1/2 c. water

1/2 to 1 tsp. salt

Wash wild rice in 3 changes of hot tap water, drain. In saucepan, heat rice, water and salt to boiling. Reduce heat and cover. Simmer until rice is tender and has absorbed the water, this will take from 30 to 45 minutes. Drain at the 30 minute mark for chewier rice. Rice should be tender but not "rolled back" or "mushy". Some kernels will be open, but others will be just tender.

Prepare two or more different types of rice. Look for lake grown, hand harvested and hand processed as compared to patty grown and commercially harvested. Online sources may be the best for lake grown or hand harvested. and have children try the two and see if they can tell the differences. Once they have discussed the differences, tell them about the different varieties they tasted. Some traits may include:

- Nuttiness?
- Is the outer layer cracked or intact?
- Hardness?
- Other flavors?

Wild Rice Recipes

Minnesota Real Wild Rice Stuffing

Ingredients:

8 cups chicken broth

4 cups wild rice

3 cups cubed, stale cranberry-walnut bread

1 cup chicken broth

1 1/2 cups finely chopped celery

1 (8 ounce) can sliced water chestnuts, drained

3/4 cup chopped pecans

3/4 cup pine nuts

1 onion, diced

1 Granny Smith apple, diced

1/2 cup finely chopped dried apricots

4 cloves garlic, pressed

Directions

1. Bring 8 cups chicken broth and wild rice to a boil in a saucepan; reduce heat and simmer until rice is partially tender, about 30 minutes.
2. Mix partially-cooked wild rice with chicken broth, cranberry-walnut bread, 1 cup chicken broth, celery, water chestnuts, pecans, pine nuts, onion, apple, apricots, and garlic together in a slow cooker.
3. Cook on Low until wild rice has softened and split, at least 40 more minutes.

Elegant Wild Rice Soup

Ingredients

1 cup wild rice

3 cups water

6 tablespoons butter

1 tablespoon minced onion

1/2 cup all-purpose flour

3 cups chicken broth

3/4 cup minced cooked ham

1/2 cup shredded carrots

3 tablespoons slivered almonds

1 cup half-and-half

Directions

1. In a pot, bring the wild rice and water to a boil. Reduce heat to low, cover, and simmer 45 minutes.
2. In a separate pot, melt the butter over medium heat, and saute the onion until tender. Blend in the flour until smooth, and gradually stir in the chicken broth. Stirring constantly, bring the mixture to a boil. Reduce heat to low, and mix in the cooked rice, ham, carrots, and almonds. Continue to cook and stir about 5 minutes, until heated through. Thoroughly blend the half and half into the soup just before serving.

With or without recipes, have students compare do a nutritional comparison of white and wild rice; rice compared to wheat, oats, and corn, etc. Make a list of all nutrients in each grain and discuss the role of each for humans.