



Hand-Harvested American Indian Wild Rice Sauté

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Manoomin, or wild rice, is a Native American grain that is part of the Ojibwe communities in Northern Minnesota, Wisconsin, Michigan and Canada. This heirloom rice grows naturally in nearby lakes. Hand-harvested wild rice is the true indigenous wild rice of the Native tribes in lake regions of the United States and Canada. It can only be harvested by hand using canoes and traditional methods following traditions of the ancestors. It may be purchased from: Native Harvest at www.nativeharvest.com, phone: 218-375-4602, or from Dynamite Hill Farms at dynamitehillfarms@gmail.com, phone: 906-235-6177

Ingredients

- **2 teaspoons sunflower oil**
- **1 small yellow onion, diced (approximately 1 cup)**
- **2 teaspoon garlic, blackened and finely chopped (approximately 8 cloves of garlic)**
- **1/2 cup dried cranberries**
- **1/2 cup corn kernels, fresh or frozen**
- **2 cups cooked wild rice**
- **1/2 teaspoon kosher or sea salt (or to taste)**
- **1/4 teaspoon freshly ground black pepper (or to taste)**
- **2 Tablespoons scallions, or green onions, finely sliced**

Directions

1. To make blackened garlic, heat a seasoned, medium sized cast iron pan over high heat until hot. Place raw, peeled garlic in pan and cook, stirring occasionally until the garlic is blackened for approximately 6 minutes. Remove from heat and let cool. Chop per recipe instructions.
2. In a cast iron pan over medium to high heat, add the oil and heat until hot, but not smoking. Add diced onion and sauté 3 to 4 minutes stirring constantly to prevent burning. Add blackened garlic and stir. Cook for 1 minute stirring constantly to prevent burning.

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3. Add dried cranberries, and cook for 2-3 minutes, stirring to prevent burning.
4. Add corn kernels. Stir and cook for 1-2 minutes more.
5. Add cooked rice, salt and pepper. Stir constantly for 2 more minutes or until completely heated.

Remove from heat, garnish with fresh sliced scallions, and serve immediately.

4 servings.