



Recipes

Wild Rice and Cranberries

*A traditional recipe of the Great lakes Indian Region)
Cranberries Shine in Native American Wild Rice Salad*

Ingredients:

- 1/2 cup pine nuts
- 1/4 cup pumpkin seeds
- 6 cups chicken stock
- 1 1/2 cup wild rice
- 1 carrot, cut into 1/2-inch-long match sticks
- 3 tablespoons dried Cranberries
- 1 Roma tomato, finely diced
- 4-5 scallions finely chopped
 - 3 bunches of watercress



Vinaigrette:

- 3 tablespoons apple cider vinegar
- 1/4 cup plus 2 tablespoons of canola oil
- 2 tablespoons of honey

Preparation:

- Preheat the oven to 350 degrees. Spread the pine nuts and pumpkin seeds in a small baking pan, and toast them in the oven for about 10 minutes, until they are golden brown. Let cool.
- Combine the chicken stock and wild rice in a stockpot. Bring to a boil, reduce heat to low, and simmer, covered, for about 45–55 minutes, until the grains are just opened up and tender.
- Spread the hot rice on a baking sheet and let cool.
- When rice is cool, scrape it into a large bowl and add carrots, dried cranberries, diced tomato, toasted pine nut pumpkin seed mixture, and scallions.
- Toss all ingredients together with the vinaigrette, refrigerate for at least one hour, and serve over watercress.
- Place cider vinegar in a bowl and slowly mix in oil. Sweeten with just a touch of honey and whisk.
- Pour vinaigrette on top of salad and chill. Serve chilled or room temperature

** This Smithsonian Museum of the American Indian recipe comes from the Indians of the Great Lakes region (perhaps a simpler variation enjoyed by our Brothertown ancestors while in Brothertown, NY).*