

Wild Rice Pilaf

- 1/2 cup hazelnuts (optional)
- 1 tbsp olive oil
- 1/2 cup finely chopped onion
- 1 clove garlic, minced
- 1 finely carrot
- 1 finely diced celery rib
- 1 cup wild rice
- 1 ½ cup low sodium stock or water
- 1 cup dried cranberries
- 2 tbsp finely chopped fresh parsley
- 1 pinch salt & pepper

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Spread hazelnuts on rimmed baking sheet; toast in 350°F (180°C) oven until golden and fragrant, about 12 minutes. Transfer to tea towel; rub with towel to remove most of the skins. Let cool. Chop & set aside.

In saucepan, fry onion, garlic, carrot and celery in oil, until softened, about 5 minutes.

Add rice; cook, stirring, for 1 minute.

Add stock and salt ; bring to boil. Reduce heat to low; cover and simmer until about 2 tbsp (25 mL) liquid remains and most of the rice is split open, about 50 minutes.

Add dried cranberries; let stand, covered, for 10 minutes.

Add hazelnuts, parsley and pepper; toss.