

From the book “Man Can Cook” for “The Saturday Herd”
By Robert Sturm

Wild Grain-A-Roni

Ingredients

½ Cup Wheat Berries
½ Cup Wild Rice
½ Cup Brown Rice
2 oz. Olive Oil (use 1 ounce at a time)
1 Cup Sweet Onion, small diced
4½ Cups Chicken Stock
½ Cup Asiago or Parmesan Cheese, shredded
¼ tsp All Purpose seasoning (optional)

Directions

Sauté onions in 1 ounce of olive oil till tender. About 3 minutes. Add rice. Continue to sauté till onions are brown. About 5 minutes. Add stock. Bring to a boil. Cover and simmer 1 hour or until done. Or pour the rice and stock in a rice cooker and follow manufacturers directions. When the rice is cooked, season with 1 ounce of olive oil, cheese and all-purpose seasoning.



Thursday, August 11, 2011