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MINNEAPOLIS FARMERS MARKET

MARKET TALK

Squash and Wild Rice Recipes, by Kim Christensen

Squash and wild rice are two locally produced foods that are available at the Minneapolis Farmers Market. They both store well through fall and winter months, and provide endless culinary options. In addition, squash and wild rice provide ample nutrition. Both a great source of complex carbohydrates, fiber, and vitamins and minerals. Here are two delicious recipes featuring these health-promoting seasonal ingredients.

Lemony Delicata Squash with Capers

serves 2-4 | Recipe by Kim Christensen, www.affairsofliving.com.

This is a refreshingly light way to enjoy squash, combining it with a unique combination of capers, garlic, and lemon. An excellent side dish for roasted chicken or turkey.

- 2 tablespoons extra virgin olive oil
- 2 large garlic cloves
- 2 tablespoons salt-packed capers
- 1 delicata squash
- 1/4 cup chopped flat-leaf parsley
- 2 tablespoons lemon juice
- unrefined salt and freshly ground pepper, to taste

Crush and chop garlic cloves. Rinse capers thoroughly to remove salt, and pat dry, then coarsely chop. Slice ends off of delicata squash, then slice squash in half lengthwise. Scrap out seeds. Thinly slice squash crosswise in 1/8"-1/4" slices.

Heat oil over medium heat in a large sauté pan, then add garlic and capers. Saute until garlic is softened and fragrant. Then add squash slices and stir to coat with oil and garlic. Stir after 4-5 minutes, then continuing to sauté until soft and slightly golden, then remove from heat.

While squash is sauteing, chop parsley and juice 1 lemon. Stir parsley and lemon juice into squash after removing it from heat, then add salt and pepper to taste.

Serve warm or room temperature.

(over)

Wild Rice and Apple Pilaf

serves 6-8 | Recipe by Kim Christensen, www.affairsofliving.com

- 1 1/2 cups wild rice
- 4 1/2 cups water
- 1 bay leaf
- 1 cinnamon stick
- 1 tablespoon olive oil
- 1 teaspoon unrefined salt
- 1/2 cup golden raisins
- 3/4 cup warm water
- 2 tablespoons olive oil
- 1 leek
- 2 stalks celery
- 2 garlic cloves
- 2 apples
- pinch nutmeg
- 1 teaspoon ground cumin
- 2 tablespoons red wine vinegar
- 2 tablespoons chopped parsley
- 1/2 cup toasted pumpkin seeds (pepitas), or equal amount of another nut or seed

Rinse wild rice until water runs clear. Place rice, water, bay leaf, cinnamon stick, olive oil, and salt in a large saucepan, cover, and bring to a boil. Reduce to a simmer and cook for 35-55 minutes, until rice grains break open and are tender but not mushy. Remove from heat and let sit for 5 minutes, then drain off any additional water and discard cinnamon stick and bay leaf.

While rice cooks...

Soak raisins in water. After around 30 minutes, drain raisins and set aside.

Prepare vegetables. Remove green part of leek and the root end, then slice lengthwise and rinse out any soil from between the layers. Wash celery and trim. Slice leek and celery crosswise in 1/4" pieces, and set aside. Crush garlic and finely chop. Remove stem and core from apples, and chop in 1/2" pieces.

Heat oil in a large sauté pan over medium heat, then add garlic, leek, and celery. Sauté until ingredients begin to soften, about 5-6 minutes. Then add apples, nutmeg, and cumin, and stir. Continue to sauté until apples are softened and slightly golden, watching to make sure that garlic does not burn. Remove from heat.

Combine cooked wild rice, drained raisins, and apple mixture, then stir in parsley and red wine vinegar. Season to taste with salt, as desired. Just before serving, stir in toasted pumpkin seeds. Best served warm or room temperature.