

Mahnoomin (Wild Rice with Cattail Buds)

Ingredients:

2-1/2 cups wild rice

10 cups chicken broth

1 cup freshly picked cattail buds, (chopped)

(We will probably substitute canned water chestnuts because of the season and the convenience.)

Salt and pepper to taste

2 handfuls of fresh cranberries

Preparation:

1. Rinse the rice by placing in a saucepan and adding water to cover by an inch. Skim off any hulls or odd pieces that float to the top. Drain.
2. Simmer the wild rice in the chicken broth for about 45 minutes. Start testing after 35 to be sure the rice doesn't get mushy.
3. When the rice is almost done, add the water chestnuts and the cranberries – and maybe a little sage – and some salt and pepper. (The liquid should be absorbed, but don't let the rice dry out.)
4. Serve alongside the fish.