

Wild Rice and Sauerkraut Soup

The ebony grain of wild rice, which is cultivated in Hungary, really enhances the flavor of this sauerkraut soup. Recipe is from *The Splendid Grain* by Rebecca Wood. Serves 4 to 6.

1 tbsp.	chili-flavored sesame oil
1	leek, well washed and chopped
1 clove	garlic, minced
1 stalk	celery with leaves, chopped
1 cup	steamed wild rice (see back side to prepare)
6 cups	vegetable stock
1 cup	chopped sauerkraut, drained
2 tbsp.	sucanat or light brown sugar
1 large	organic egg
2 tbsp.	minced fresh dill
	sea salt and freshly ground black pepper, to taste
	soy sauce, to taste

1. Heat oil in a medium saucepan over medium heat. Add the leek and garlic and saute for 5 minutes. Add the celery and saute for about 3 minutes, or until it softens. Do not brown. Add the rice and saute for 2 minutes. Add the stock, sauerkraut, sucanat, soy sauce, salt, and pepper and simmer for 15 minutes. Remove from the heat.

2. Break the egg into a small bowl. Using half of the egg shell as a measuring unit, fill it with water and mix with the egg. While stirring constantly, slowly stir the egg mixture into the hot soup. Taste and adjust seasonings. Garnish with dill and serve hot.

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Steamed Wild Rice

- 1 cup wild rice
- 1 tbsp. unsalted butter or unrefined sesame oil
- pinch sea salt
- water or stock (see table below)

Please note that 1 cup of dried wild rice makes 3 cups, steamed. For the Wild Rice and Sauerkraut Soup recipe you will need 1/3 cup of rice to make 1 cup of Steamed Wild Rice.

Wild Rice	Water or Stock	Time
1 cup	1 3/4-2 cups	30-40 min.
1/2inch long, variegated dark hues	2 1/2 cups	45-55 min.
1/2 long, black	2 1/2 cups	45-55 min.
1inch long, variegated dark hues	2 1/2 cups	45-55 min.
1inch long, black	3-3 1/4 cups	60-70 min.

1. Clean rice by putting it in a bowl of cold water and scrub lightly between your hands for about 5 seconds, and pour the rice and water into a strainer to drain. Combine water, butter, and salt in heavy saucepan over high heat and bring to a boil. Add rice and return to boil.
2. Lower heat and simmer, covered, until some kernels have puffed and split open and most of the liquid is absorbed. Remove from heat and let steam, covered, for 10 minutes.
3. Fluff with fork and serve.

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