

Awēmanesow Kēsoq

Deer Rutting Moon/November

WILD RICE SALAD WITH HERBED TURKEY BREAST

- 1 cup wild rice
- 3 cups water
- 2 each bay leaves
- 2 pounds turkey breast, skinless and boneless, cut into 1-inch strips
- 2-3 cups mixed fresh, seasonal vegetables, sliced
- ½ cup Maple-Mustard Vinaigrette (see recipe)
- 1½ cups dandelion leaves
- 1½ cups fresh spinach
- 2 Tablespoons ramp leaves, chopped
- 2 Tablespoons fresh sage, chopped
- ½ cup junberries, dried (optional)
- ½ cup walnuts, chopped (optional)

Recipe from Mino Wiisinidaa!

1. Pour rice into a medium saucepan and cover with water.
2. Over high heat, bring to a boil, then reduce to a low simmer and cook until water has been absorbed. Remove from heat and allow it to cool completely.
3. In a large saucepan, combine stock, bay leaves, and turkey.
4. Over high heat, bring the pot to a boil then reduce heat to a simmer.
5. Continue to poach until fully cooked, internal temperature of 165 F, about 15 minutes.
6. Using tongs, pull the turkey from the liquid and place it on a clean cutting board. Allow the turkey to cool slightly.
7. Hold turkey with tongs and use a knife to shred turkey, then store in poaching liquid to retain moisture.
8. In a separate bowl toss together cooled wild rice and mixed vegetables.
9. To rice mixture, fold in ½ cup dressing until thoroughly coated.
10. Tear dandelion and spinach leaves into bite-size pieces and place them on a serving platter or in a large bowl.

11. Layer the wild rice mixture on top of the dandelion mixture.
12. Drain turkey and spread over rice mixture and sprinkle with ramps and sage.
13. Sprinkle with optional fruits and nuts.

Bonus recipe for use in Turkey Recipe!

Maple Mustard Vinaigrette

- 1 tablespoon apple cider vinegar
- 2 teaspoons maple syrup
- 2 teaspoons Dijon-style mustard
- 1/8 teaspoon salt
- 1/8 teaspoon black pepper, ground
- 2 tablespoons walnut oil

1. In a small bowl, whisk together vinegar, syrup, mustard, salt, and pepper.
2. Continue whisking and gradually add oil.
3. Once the oil is added and thoroughly mixed in, the dressing is ready to serve.



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