

INDIGENOUS

Fried Wild Rice by Sean Sherman



INGREDIENTS

- 1 Cup Hand Harvested Wild Rice
- 1.5 Cup Water or Stock
- 1/4 C Cedar
- 1 Pound Ground Bison
- 1/2 Pound Lions mane mushrooms
- 1 Duck Egg
- 1/2 Ounce Dried Garlic Chives
- 1/8 Tsp Prickly ash
- 2 Ea. Wapato
- 2 Tbsp. Sunflower Oil
- Salt To Taste
- 1/4 Cup Pure Maple
- 2 Leaves Bergamot
- 8 Each Dock leaves



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Directions

1. In a pot add the water, wild rice and cedar and bring to a boil. Once at a boil reduce the heat to low and cook until wild rice is tender. Season the water or stock.
2. In a separate pan turn the heat on medium high and add the ground bison. Cook until fully cooked and fat has rendered. Remove the bison once it is cooked and keep the rendered fat in the pan.
3. Add one tablespoon of sunflower oil and add the prickly ash and wapato. Cook until slightly tender and add the mushrooms and garlic chives and continue to cook. About 6 minutes.
4. Next add your tender wild rice, cooked bison, duck egg and stir continuously until the egg cooks fully.
5. Add the maple syrup and bergamot.