

# WILD STYLE SALAD

Preparation Time: 20 minutes

Cooking Time: 45 minutes

Inactive preparation time: 1.5 hours

## recipe

### FOR THE SALAD

1 cup wild rice, rinsed and soaked overnight in the refrigerator  
1/2 teaspoon coarse sea salt  
1 red bell pepper, seeded and diced  
1/4 cup diced carrots  
1/2 cup thinly sliced celery  
1/2 cup golden raisins  
1/2 cup thinly sliced scallions  
1/2 cup cashews, toasted and chopped

### FOR THE DRESSING

3 tablespoons apple cider vinegar  
1 tablespoon freshly squeezed lemon juice  
2 teaspoons Dijon mustard  
1 teaspoon maple syrup  
1 clove of garlic, minced  
2 tablespoons chopped parsley  
1/2 teaspoon fine sea salt  
Freshly ground white pepper to taste  
1/4 cup extra virgin olive oil

### FOR THE SALAD

- In a medium saucepan over high heat, combine the rice with 3 cups of water and bring to a boil. Add 1/2 teaspoon salt, reduce heat to low, cover and simmer for 30 minutes.
- Remove from heat, transfer to a strainer or sieve, and rinse under cold water for a few minutes, or until the rice is completely cool.
- In a large bowl, combine the cooked rice, bell pepper, carrots, celery, raisins, scallions, and cashews with clean hands.

### FOR THE DRESSING

- In a small mixing bowl, combine the apple cider vinegar, lemon juice, mustard, maple syrup, garlic, parsley, and sea salt. Mix well. Whisk in the oil while pouring slowly.
- Pour the dressing over the rice and toss well with clean hands. Cover and refrigerate for 1 hour to allow flavors to marry.
- Remove rice from the refrigerator 30 minutes before serving.

Recipe taken from the “Beets, Limes and Rice: Salad Selection for Heads” menu in Anna Lappé and Bryant Terry’s *Grub: Ideas for an Urban Organic Kitchen* (Tarcher/Penguin).