
How To Cook Wild Rice

1993 United Way Cookbook Committee - Dayton's, Marshall Field and Hudson's Stores

1 cup uncooked wild rice

3 cups water, bouillon or broth

1/2 teaspoon salt

In a large saucepan, combine the wild rice, water and salt. Heat to boiling. Reduce the heat. Cover. Simmer about 30 minutes.

Check for doneness. Continue simmering until tender, checking every 5 minutes (Wild rice usually cooks tender in 30 to 45 minutes).

(Cooked wild rice can be stored in a tightly covered container for up to two weeks in the refrigerator. For longer storage, freeze.)

Yield: 3 cups

Information

Per Serving (excluding unknown items): 0 Calories; 0g Fat (0.0% calories from fat); 0g Protein; 0g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 1066mg Sodium. Exchanges: .