

## Wild & Basmati Rice Pilaf with Fennel & Pine Nuts

Carolyn T's  
Main Cookbook

Servings: 8

Author: From the San Francisco Chronicle Cookbook



- 1/4 cup pine nuts
- 1/2 cup wild rice
- 4 cups cold water
- Salt to taste (it may need more than you think)
- 1/2 whole onion, diced
- 1 small fennel bulb, diced (optional)
- 2 tablespoons butter, plus more at the end
- 1 tablespoon olive oil
- 3 whole garlic cloves, minced
- 1/2 cup vermouth
- 1 1/2 cups basmati rice, or brown basmati
- 1/4 teaspoon freshly ground black pepper
- 2 1/4 cups boiling water
- 1/4 cup Italian parsley, chopped

**Blog: Carolyn T's Blog:**  
<http://tastingspoons.com>

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*Per Serving (excluding unknown items): 253 Calories; 8g Fat (29.0% calories from fat); 6g Protein; 36g Carbohydrate; 2g Dietary Fiber; 8mg Cholesterol; 79mg Sodium. Exchanges: 2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1 1/2 Fat.*

*Description: Not highly seasoned; a kind of neutral carb*

1. In a dry nonstick skillet, toast the pine nuts until they're golden brown, about 5 minutes. Set aside.
2. Rinse the wild rice for a minute under cold water. Bring the 4 cups of water to a boil in a large pot, add some salt to the water and then add the wild rice. Bring to a boil, then cover and simmer for about 35-45 minutes, or until tender. Do NOT overcook it. There is a very short time between just done and overdone when the rice kernels pop open.
3. Meanwhile, saute the onion and fennel in the butter and olive oil over medium heat; season with some salt. When the vegetables begin to soften add the garlic for one minute, then add the wine. Cook for about 5 minutes, until the wine reduces. Add the basmati rice and saute for 5 minutes, stirring frequently. Add more salt if needed, the pepper and the boiling water. Bring back to a boil and simmer, covered, for about 20 minutes until the liquid has evaporated.
4. Drain the wild rice.
5. Toss the pilaf with the cooked wild rice, the pine nuts and parsley. Season with more salt and pepper and serve immediately. You may also put this into a casserole dish (covered) and bake for about 40 minutes at about 300 degrees.