

K's Kitchen: Minnesota Wild Rice Soup

By Kathryn Reed

One of my favorite soups is my mom's rice soup. I've just added another rice soup to my list of favorites.



The wild soup recipe below comes from my sister, Tami, in Minnesota. When I emailed to say how yummy it was she said she made it the night before as well and was excited to have it for lunch at school (she's a teacher) that day. But she said it's even better after being frozen and then reheated.

I can attest to the fact it is better the second day. So many dishes are that way. Time does wonders for allowing flavors to meld.

I was supposed to make this soup Christmas weekend for my mom and sister, Pam, but that didn't happen. It got delayed a week – without them. Mom had brought the wild rice because she had some and didn't think she would be using it anytime soon.

This means I don't know how easy it is to find in Tahoe.

I have copied the recipe as it was published in the Ely (Minn.) Echo's North Country Saver on Dec. 24, 2001. They printed it from "The Culinary Institute of America Book of Soups".

The asterisks are from my sister.

I used a quart of cream because I knew I wouldn't use the leftovers. And I used vegetable broth. I couldn't find chives. And I used salted butter. If you do that, don't add salt until the end – assuming you need any.

Minnesota Wild Rice Soup (makes 8 servings)

This rich soup, which is packed with vegetables, is an unusual way to enjoy wild rice. Wild rice contains a substance that produces a unique texture in this soup, not unlike a chowder. Incidentally, wild rice is not rice; it's actually a long-grain marsh grass native to the Great Lakes region of the United States. Many local Native Americans earn their living harvesting wild rice, which is why it's sometimes known as Indian rice. Clean wild rice before cooking by placing it in a bowl with plenty of cold water. Give the rice a stir, then set the bowl aside for a few minutes to let any debris float to the surface. Pour off the water and proceed with the recipe.

2 T unsalted butter

3 carrots, finely diced (about 1 cup)

2 leeks, white and light green parts, finely diced (about 2½ cups)

2 celery stalks, finely diced (about 1 cup)

¼ C all-purpose flour*

2 quarts chicken broth*

¾ C wild rice

½ tsp salt, or to taste

¾ C heavy cream, hot*

3 T dry sherry*

¼ C minced chives

3 T chopped parsley

Heat the butter in a soup pot over medium heat. Add the carrots, leeks and celery. Cook until softened, about five

minutes.

Reduce the heat to low, add the flour and stir well. Cook gently, about three minutes, stirring constantly.

Add the broth gradually, whisking well with each addition to eliminate flour lumps. Bring to simmer.

Add the wild rice and salt. Continue to simmer until the rice is tender, but still somewhat chewy, about 45 minutes.

Stir in the heated cream and sherry. Season with salt. Serve in heated bowls, garnish with chives and parsley.

* Double the amount, according to my sister, Tami.