

FROM THE KITCHEN OF JANICE MCCUE

CURVE LAKE FIRST NATION

Manoomin Pilaf with Mushrooms and Squash

Serves 4 to 6

Ingredients:

2 tbsp sunflower oil
1 cup assorted mushrooms, cleaned
1 tbsp sage, chopped
½ cup shallots (can use cooking onion)
½ cup vegetable stock
2 cups cooked manoomin
1 cup roasted squash
1 tbsp maple syrup to taste
½ to 1 tsp smoked salt to taste

Directions:

Cut, peel and seed the squash. Cut into cubes. In a large cast iron skillet, toss the squash with sunflower oil and bake for 20 minutes, or until cooked through but firm to touch.

Meanwhile, cut the mushrooms, and shallots. Once the squash is cooked, remove from the skillet and add 1 tbsp of sunflower oil, mushrooms, shallots and sage to the pan and cook until the shallots are soft and mushrooms have browned.

Stir in the stock and manoomin, along with the cooked mushrooms, shallots and sage. Cook until most of the liquid has evaporated. Add the cooked squash and heat through for another 5 minutes. Serve warm.