

FROM THE KITCHEN OF JANICE MCCUE CURVE LAKE FIRST NATION

Puffed Manomin

What a fun dish to make! Puffed manomin is delicious on its own (add your favourite spice), and can be used to garnish soups, salads and sides. When you are making this, make sure you use an oil with a high smoking point. Olive oil is not a good oil to use on high temperatures.

Ingredients:

1 tbsp sunflower oil
1 cup manomin
Pinch of salt

Directions:

Rinse and thoroughly dry the manomin before adding it to a hot pan. (If there is any water on the manomin, it can cause serious injuries when adding to the hot oil)

Heat a heavy bottomed saucepan on high and carefully add your oil. Add your dried rice to the pan and start shaking the pan (like you would making popcorn). Reduce the heat and cover the pan. Keep shaking until the manomin has popped. Sprinkle with a little salt before serving. Enjoy!