

FROM THE KITCHEN OF JANICE MCCUE

CURVE LAKE FIRST NATION

Cooking Manoomin on the Stove-top

Manoomin is a nutritious and delicious grain that can be added to soups, salads and sides. One cup uncooked manoomin yields just over 3 cups cooked.

Ingredients:

1 cup manoomin
4 cups of water, broth or a mixture of both
Salt to taste (optional)
1 sprig of cedar (for flavour)

Directions:

Bring a large pot of water to boil, using 4 cups water per 1 cup rice. Thoroughly rinse the rice in a fine mesh colander under running water. Add the rinsed rice and bring to a boil, reduce heat and simmer for 40 minutes. The manoomin is done when it is tender but still has a light resistance to the bite. Drain.

Stir in any seasonings you would like to add.

*Cooked manoomin can be stored in the refrigerator for weeks or freeze for up to one year.