

Holiday Pilaf

Wild rice, apples, and pecans just seem to belong together. The texture of this pilaf will invigorate your palate just in time for the holidays.

Categories

Gluten-free

Yields: 8 servings

Preparation time: 20 mins

Cooking time: 50 mins

Category: Side dishes and appetizers

Complexity: Simple

Vegan experience: Absolute beginner

Preparation style: Cooked

Ingredients

Wild rice, uncooked	85 gram
Rice (brown, long grain, raw)	85 gram
Frontier, organic all-purpose seasoning blend	8 x 0.25 tsp
Olive oil	2 tablespoon
Onion, white, yellow or red, raw	1 cup
Celery, raw	0.5 cup
Granny smith apples	2 x 1 medium apple
Orange, fresh	1 large - 3 1/16" diameter
Scallions or spring onions, tops only, raw	1 stalk
Currants, dried	0.25 cup
Cinnamon, ground	0.25 teaspoon
Nutmeg (ground)	0.25 tsp
Salt, sea salt	1 dash
Black pepper, ground	1 dash
Parsley, fresh	0.25 cup
Pecans, raw	0.5 cup

Instructions

Preparation

1. Make sure to rinse the wild rice and brown rice before cooking it
2. You can use an all-purpose seasoning blend such as Spike or Mrs. Dash (doesn't have to be organic)
3. Chop the red onion
4. Finely dice the celery
5. You will need to peel, core, and dice the apples
6. Juice 1/3 cup orange juice from 1 large orange

7. You will need 2 scallions. Only use the green parts of the scallions and make sure they are thinly sliced
8. You will only need a pinch of the cinnamon and a pinch of the nutmeg, and then salt and freshly ground pepper to taste
9. You will need to mince the fresh parsley
10. You will need to use finely chopped pecans for this recipe (if you can't find them finely chopped in the store you can do it yourself)

Directions

1. Bring 3 and 3/4 cups of water to a simmer in a large saucepan. Stir in the wild and brown rice and the seasoned salt, return to a boil, then lower the heat and simmer, covered, until the water is absorbed, about 40 minutes.
2. Heat the oil in a large skillet. Add the onion and celery and sauté until the onion is golden. Add the apple and sauté another 5 minutes. Stir in the cooked rice mixture along with the juice, scallions, currants, and spices. Season with salt and pepper.
3. Sauté over low heat, stirring frequently, another 5 minutes. This may be done somewhat ahead of time to this point, then left covered off the heat until needed.
4. Just before serving, heat through, adding a bit more liquid if the mixture needs it, then stir in the parsley and pecans. Mound in the center of a large serving platter and surround with whatever your main dish is.
1. Preheat the oven to 350°F. Line an 8-inch or 9-inch loaf pan with parchment paper or greased foil. Set aside.
2. Add the wet ingredients to a large bowl: pumpkin, coconut oil, maple syrup, coconut sugar, flax egg, and vanilla. Whisk until well incorporated.
3. Add the dry ingredients: oat flour, cocoa powder, almond meal, baking soda, baking powder, cinnamon, cloves, nutmeg and salt. Whisk together until difficult to stir.
4. Using a rubber spatula, fold until just incorporated, making sure no flour patches remain. Fold in the 2 tablespoons of chocolate chips.
5. Pour batter evenly into prepared loaf pan. Using a butter knife, cut a slit down the center (or off center, based on your preference). Use the knife to go back over the line, widening the slit. Sprinkle the 1 cup of chocolate chips on top of the loaf. Lightly press chips down to secure.
6. Bake for 55-70 minutes.* (In my 8-inch loaf pan, mine took 62 minutes). Test for doneness by sticking a toothpick into the center of the loaf. 7. The toothpick will come out clean when the loaf is done.
8. Allow to cool on a cooling rack for 2-3 hours, or until completely cool. Lift the loaf out and place on a clean workspace. Slice and enjoy!