



### MAHNOMIN PORRIDGE

(recipe courtesy of Chef Mitch Omer, Hell's Kitchen)

- 4 cups cooked wild rice  
(approximately 1 cup uncooked)
- 1 cup heavy cream
- ¼ cup maple syrup
- ¼ cup dried blueberries
- ¼ cup dried cranberries
- ½ cup roasted, cracked hazelnuts

1. In a non-stick\* sauté pan over low-medium heat, mix wild rice, cream and maple syrup, and cook until warmed through;
2. Add dried blueberries, cranberries and hazelnuts, and mix well;
3. Serve in a bowl with warm heavy cream and maple syrup on the side.

\*If you do not have a non-stick pan, melt 1 to 2 tablespoons of butter in the saucepan to keep the rice from sticking.



### PASTA WITH SMOKED TROUT AND HORSERADISH CREAM SAUCE

- 8 ounces pasta\*
- cooked according to package directions
- ½ lb smoked trout, flaked or cut into small pieces  
(remove the skin and also slice into pieces for use in the sauce)
- 2 Tbsps olive oil
- 2 shallots, chopped
- 1 cup heavy cream
- 1 cup chicken broth
- 3 Tbsps prepared horseradish  
(mainly grated horseradish root & vinegar)
- 1 Tbsp fresh dill, chopped (or 1 tsp dried dill)
- 2 Tbsps fresh chives, minced  
(or about 2 tsps dried chives)
- Salt to taste

1. Heat olive oil in a large skillet or sauté pan on medium heat. Add shallots and cook until soft and fragrant. Add trout skin and cook until pieces start to become a bit crisp;
2. Add cream and chicken broth, stir well and bring to a gentle simmer;
3. Add horseradish (and dried herbs, if using), mixing well;
4. Continue on gentle simmer, lowering heat if necessary, until sauce begins to thicken, approximately 3 to 5 minutes. Salt to taste;
5. Reduce heat to lowest setting, then add cooked pasta, tossing to coat evenly;
6. Add flaked smoked trout and fresh herbs, and toss to mix all ingredients together;
7. Serve with a sprinkling of fresh dill or chives.

\*Small shapes like penne, cavatappi or gemelli work great, although long noodles such as linguine would also good