

MINNESOTA WILD RICE SOUP

KEEP CALM AND COOK ON

Yield: 1 gallon

Oven: N/A

Ingredients

| | | |
|----------|--------|--------------------------|
| 3 | ounces | butter |
| 5 | ounces | onion, diced |
| 3 | each | garlic clove, minced |
| 5 | ounces | carrots, diced |
| 5 | ounces | celery, diced |
| 5 | ounces | mushrooms, sliced |
| 4 | ounces | ham, diced |
| 10 | ounces | wild rice |
| 1 | gallon | chicken stock |
| 1 | each | bay leaf |
| 12 | ounces | milk, for whitewash |
| 3 | ounces | flour |
| 10 | ounces | half and half |
| 3 | ounces | almonds, sliced, toasted |
| to taste | | kosher salt |
| to taste | | cracked black pepper |

Procedures

1. In a large stock pot over medium-high heat, add butter and heat until foam subsides.
2. Into the foamed butter, add onions, season, and sweat 90 seconds; add the garlic and sweat until fragrant—about 3 mins.
3. Into the fragrant onions and garlic, add the carrots, celery, mushrooms and ham, sauté until just starting to take color.
4. Into the *matignon* (that's what you call sautéed *mirepoix* with pork and garlic) add wild rice and toast until they are fragrant and a couple begin to pop—about 3 minutes.
5. Add the stock and bring to a boil, reduce to medium low, add bay leaf and simmer until the rice is cooked through—about 45 minutes. (You could also cook the rice separately and add it fully cooked.)
6. In a small bowl, add milk and flour and stir together with a whisk until well combined. (This is called a 'whitewash')
7. Into the simmering soup, slowly pour in the whitewash while stirring. Increase heat to medium-high, bring to a simmer, continue stirring until thickened.
8. Into the thickened soup, add half-and-half, heat until warm.
9. Taste and adjust seasoning, serve with toasted almonds.

NOTES: