



Wild Rice Pepper Pilaf

MAKES 6 SERVINGS

Pilaf, a quick side dish, is really a simple rice dish using flavoured stock. It wouldn't be the same at all if you substituted water for the stock, because the water would not provide any flavour. Serve this dish as an accompaniment to a meat or fish dish. You can use vegetables other than peppers (e.g., mushrooms, zucchini).

2 Tbsp (30 mL) pure **olive oil**, divided
¼ cup (60 mL) diced **green pepper**
¼ cup (60 mL) diced **red pepper**
¼ cup (60 mL) diced **yellow pepper**
1 cup (250 mL) diced **onion**
1 cup (250 mL) **wild rice**, rinsed
4½ cups (1.1 L) **Brown Stock** (see recipe, page 40)
or store-bought unsalted beef stock
2 dried **bay leaves**
½ tsp (2.5 mL) table **salt**
¼ tsp (1 mL) ground **black pepper**
1 Tbsp (15 mL) chopped **parsley**

OPTIONAL GARNISH:

2 Tbsp (30 mL) toasted **pine nuts** (or slivered almonds)

Tip

When cutting peppers into smaller pieces, place them on the work surface skin side down. This is safer than cutting them skin side up, because the skin is slippery.

01 Preheat oven to 350F (175C).

02 Heat a Dutch oven over low heat for five minutes. Add half the oil and raise the heat a little. Cook the peppers in the pot for five minutes. Remove peppers from the pot and set aside.

03 Heat the remaining olive oil in the Dutch oven and cook the onion for three minutes.

04 Add the rice to the pot, stir to coat it in oil and let it cook for three minutes.

05 Heat the stock in a microwave or on the stovetop almost to the boiling point. Add the stock, bay leaves, salt and black pepper to the pot all at once. Stir and let the mixture reach the boiling point.

06 Transfer the Dutch oven to the oven and bake the pilaf, covered, for 50 minutes.

07 Remove pilaf from the oven and place on the stovetop. Return the peppers to the pot at this point and stir them in.

08 Let the pilaf cook for 5 to 10 minutes more over medium heat, and add the chopped parsley.

09 For a little crunch, serve the pilaf with the optional toasted nuts sprinkled on top.