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*how to cook fresh local organic whole foods
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Emerald City Salad

Recipe reprinted with permission from [Feeding the Whole Family](#) (third edition) by Cynthia Lair (Sasquatch Books, 2008)

This colorful salad is inspired by the beautiful deli salad at Puget Consumer's Co-op, Seattle's beloved chain of natural foods grocery stores. It is so popular that I have filled many classes with the mere mention that I would be demonstrating how to make this salad.

2 ¼ cups water or stock

1 tablespoon butter

1 teaspoon sea salt

1 cup wild rice (black; ½" long)

¼ cup lemon juice

¼ cup olive oil

1 clove garlic, minced

½ cup chopped [fennel bulb](#), core removed

½ of a red or yellow pepper, diced

½ cup chopped red cabbage

½ cup chopped Italian parsley

2 cups very finely chopped dark leafy greens (6-7 leaves of [chard](#), kale, or collards)

Salt and pepper to taste

Pecorino or gorgonzola cheese (optional)

Bring water or stock to a boil. Add butter, ½ teaspoon of the salt and rice. Bring to boil again, cover, lower heat and simmer 60-65 minutes. Check to see that until all water is absorbed by tipping the pan to one side. How to cook wild rice is described in a separate video.

Combine lemon juice, olive oil, garlic and remaining ½ teaspoon of salt in a large serving bowl. Add fennel, red pepper, cabbage, parsley and then the greens .

Once rice is fully cooked, cool until it quits steaming but is still warm, and then spread like a blanket on top of the greens. When the rice cools to room temperature, toss rice, vegetables and dressing together. Taste the salad and adjust seasonings, some extra salt and/or lemon may be required. Garnish with cheese if desired.

Preparation time: 1 hour for wild rice, 20 minutes for salad

Serves 6-8



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