

VEGETARIAN WILD RICE

INGREDIENTS:

300g wild rice
50 g zucchini
25g shallots
200g ripe tomatoes
10 g pine nuts
100 g champignon mushroom
a few small shallots
250 g heavy cream
50 g grainy dijon mustard
50 g butter
100 g Germani *Primo Sale*
salt and pepper

PREPARATION

Boil wild rice in abundant salt water for 40 minutes. Sauté vegetables in a pan with butter, salt and pepper.

Strain the rice and move it to the pan

Mix rice with vegetables and pine nuts until the rice has absorbed the veggies' juices and flavor.

Prepare a sauce with kitchen cream, mustard and cheese and keep simmering at a low temperature. Add salt and pepper.

Place rice in a large serving dish and serve the sauce on the side.

SERVE AND ENJOY!

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