

WILD RICE & BC CRANBERRY SOUP



INGREDIENTS

4 tbsp	Butter
1	Carrot, finely diced
1	Celery stalk, finely diced
1/2 cup	Onion, finely diced
3 tbsp	All-purpose Flour
2 cups	Vegetable Stock
1 1/2 cups	Wild Rice, cooked
1/2 cup	Fresh or Frozen Cranberries, chopped
1 cup	Milk or Cream
2 tbsp	Dry Sherry
To taste	Salt & Pepper

DIRECTIONS

1. Melt the butter in heavy saucepan over medium heat. Add the carrots, celery and onion. Sweat vegetables till almost tender. Turn off heat.
2. Add the flour and stir until smooth. Gradually add the vegetable stock whisking constantly to prevent lumps. Increase the heat to medium high and stir until soup is thickened. Stir in the rice and cranberries. Reduce the heat and simmer for 15 minutes.
3. Stir in the cream, sherry and add salt and pepper. Sprinkle each serving with chopped parsley.

To cook wild rice:

1. Rinse it in a strainer under cold running water. Bring 2 cups water, 1/2 cup wild rice and 1/2 tsp. of salt to a boil in a heavy saucepan over medium high heat.
2. Reduce the heat, cover and simmer until the rice kernels are opened and still slightly chewy rather than mushy.