
Wild Rice with Spicy Mushrooms

The Windsor Family Cookbook

Windsor Vineyards - Windsor, CA

1 cup wild rice
1 pound mushrooms, thinly sliced
1 medium onion, finely chopped
1 green pepper, finely chopped
1 serrano pepper (optional), minced
1/4 cup chicken broth
1/4 cup honey
1/2 tablespoon Dijon-style mustard
1 tablespoon soy sauce
1/4 cup Pinot Noir
freshly ground pepper
2 cups fresh spinach, sliced into two-inch strips
1 lime

Place the rice in a pot and cover with four cups of boiling water. Bring to a boil. Cover. Simmer for 50 to 60 minutes until done.

Saute' the onions in broth until soft. Add the green pepper and stir for 2 minutes. Remove from the heat. Add the mushrooms. Set aside.

In a bowl, mix the honey, mustard and soy sauce to form a paste. Gradually add the wine. Season with pepper to taste. Add more soy sauce, if needed. Add to the mushroom mixture and stir in well. Simmer, stirring frequently, over low heat for 30 to 45 minutes.

Place the cooked rice onto warm plates. Top with the sauce and toss with fresh spinach. Squeeze with lime wedges.

Yield: 2 to 4 servings

Side Dishes

Per Serving (excluding unknown items): 1071 Calories; 5g Fat (3.8% calories from fat); 40g Protein; 239g Carbohydrate; 22g Dietary Fiber; 0mg Cholesterol; 1400mg Sodium. Exchanges: 8 Grain(Starch); 0 Lean Meat; 8 Vegetable; 1/2 Fruit; 1 Fat; 4 1/2 Other Carbohydrates.