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A Taste of ANGUS





INGREDIENTS

2 tbsp vegan margarine

I tbsp olive oil

2 white onions (finely chopped)

3 celery sticks (finely chopped)

4 cloves garlic (crushed)

I dessert spoon fresh thyme leaves (or I tsp. dried)

I tsp dried oregano

12 sage leaves finely shredded (or 1 tsp. dried)

200ml white wine

300ml vegetable stock

100g dried cranberries, soaked in hot water for 10 minutes

200g breadcrumbs

100g wild rice (or 50g basmati, 50g Thai black rice)

100g pine nuts

Salt and black pepper to season

METHOD

- First cook the rice to the guidelines on the packet/s and make sure it is well drained.
- 2. Toast the pine nuts in a dry pan or on a tray in the oven at 180C for 4 minutes or until starting to brown.
- 3. Melt the butter with the oil over a medium heat. Add the onions and celery and fry for 5 minutes before adding the garlic and sage and cooking for a further 5 minutes or until you start to get some colour on everything.
- 4. Add the rest of the herbs and the white wine. Reduce that down until the wine has all but gone before adding the vegetable stock and bringing back to the boil.
- 5. Remove from the heat and add the cranberries, breadcrumbs, cooked rice and toasted pine nuts. Give it a good stir and add more vegetable stock if it looks too dry. Remember it's going to dry out some more when you bake it in the oven so you want the consistency to be a wee bit wetter than your desired final result.
- Fluff the mixture up with a fork before pressing it softly into an oven proof dish and bake in a 180°C oven for 20 minutes or until it starts to brown.

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