



Wild Rice

Wild rice is known as mand-o-min to the Ojibwa people, who have harvested the grain in its wild state for thousands of years in the traditional way from the waters of Ontario, southwestern Manitoba and Minnesota. Mand-o-min comes from Manitou (The Great Spirit) and meenun (delicacy).

The Ojibwa would paddle through the rice beds and sweep the long stalks of the canoe with sticks so the green rice would fall off and fill the canoe. Then they would let it dry on shore, roast it till it turned nut brown, and toss it into the air from blankets, so the husks would blow away in the wind.

This information is found online www.inac.gc.ca Publication: "A Conversation on Aboriginal Foods"

Wabano Centre for Aboriginal Health	
Basic Wild Rice and Cheese Casserole	
1 cup of Wild Rice	¼ teaspoon of salt
3 cups of water	3 cups of sliced mushrooms
½ cup chopped onion	3 tablespoons of butter
1 cup of grated cheese	1 can (19 oz) stewed tomatoes

1. Wash the wild rice under cold water.
2. Soak in bowl of water overnight.
3. Rinse rice. Boil 3 cups water.
4. Cook wild rice in boiling water for an additional 10-12 minutes.
5. Drain wild rice if necessary.
6. Sauté onion and mushrooms for about 5 minutes.
7. Toss all ingredients in a 2 quart casserole and bake at 350 for 1 hour.

* Variations: i) Add cooked ground beef, sausage, chicken, or bacon.
ii) Substitute half the wild rice with regular cooked long grain rice.