

Turkey and Wild Rice Gratin

Serves 4 to 8

Ingredients:

¼ cup (1/2 stick) butter
1 onion, chopped
2 carrots, peeled and chopped
3 ribs celery, chopped
¼ cup all-purpose flour
1 cup chicken stock (preferably homemade)
1 pound cooked turkey, cut into 2-inch pieces
1 cup heavy cream
2 cups fresh spinach leaves
8 ounces wild rice, cooked
½ - 1 cup shredded Gruyère cheese or Cheddar cheese
1 cup pecans, toasted and chopped
½ cup chopped fresh flat-leaf parsley
salt and pepper to taste



Equipment Needed:

A large skillet; a 9 x 13-inch baking pan

Directions:

Preheat the oven to 375 degrees. Melt the butter in a large skillet. Add the onion, carrots and celery. Sauté for 10 minutes or until the onion is translucent. Add the flour and stir to coat. Add the stock and bring to a boil. Add the turkey and cook for 10 minutes. Stir in the cream and spinach. Remove from the heat. Stir in the rice, cheese, pecans, parsley, salt and pepper. Pour into a 9 x 13-inch baking dish. Bake for 20 minutes or until hot and bubbly. If your skillet is oven safe, the gratin can be cooked in the skillet.

Toasted Seeds and Nuts: For a wonderful flavor in recipes that call for seeds or nuts, toast them first in a skillet over medium heat for several minutes. Stir or shake them continuously so they do not burn, and when they turn golden brown and become aromatic remove them from the heat. Not only are they crunchier, but their flavor is improved.

This recipe is perfect for crisp fall days. The wild rice and pecans give it wonderful texture and a nutty flavor.

Recipe from *Herbal Cookery From the Kitchens and Gardens of the St. Louis Herb Society*, The St. Louis Herb Society, 2009, page 135.