



CANADA AGRICULTURE
AND FOOD MUSEUM
MUSÉE DE L'AGRICULTURE
ET DE L'ALIMENTATION
DU CANADA

A FASCINATING WORLD
UN MONDE FASCINANT



Stuffed Wild Rice Mushroom Caps

Recipe from Chef Cezin Nottaway

Ingredients

12 mushrooms, stems removed and chopped finely, keeping caps intact
1 cup (250 mL) pre-boiled wild rice
½ medium onion, finely diced
2 tablespoons (30 ml) coconut oil
2 tablespoons (30 ml) fresh sage, thyme or rosemary, chopped
¼ cup (62.5 ml) beer or white wine
1 to 2 tablespoons (15 to 30 ml) Awazibi maple syrup
salt
pepper
cheese of your choice (feta, old smoked cheddar or goat cheese)

Preparation

Preheat the oven to 350°F (180°C). Heat coconut oil over medium heat in a cast iron pan. Add onions and cook until soft. Add mushroom stems and cook for about 7-8 minutes. Add the beer or wine, as well as the wild rice. Let simmer until liquids are almost fully reduced. Add maple syrup and fresh herbs. Season with salt and pepper. Stuff each mushroom cap with the mixture and cover with cheese. Bake for 10-12 minutes.