



BISTRO 44
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Autumn Wild Rice Salad with Cider Vinaigrette

- ½ Cup Apple Cider
- ½ Cup Cider Vinegar
- 1 Tablespoon Dijon Mustard
- 3 Tablespoon Honey
- 1 ½ Cup Walnut Oil
- Dried “fancy” Fruit (Med Dice)
- Root Vegetables (carrots, parsnips, and rutabaga)
- 2 cups Wild Rice
- ½ cup Uncle Bens Converted Rice
- Assorted nuts of choice (pecan, walnuts)

Make the Autumn Wild Rice Salad:

1. Roast the vegetables in 375° degree oven until tender.
2. Dice fruit.
3. Bring wild rice to boil and reduce to simmer. (cook until they burst).
4. Follow directions for Uncle Ben’s rice cooking procedure.

Make the Vinaigrette:

1. Add apple cider, cider vinegar, Dijon & honey into a bowl. Whisk to blend and slowly add walnut oil to emulsify.

Assemble:

1. Mix wild and white rice to taste. Add root vegetables, fruit and nuts.
2. Toss greens in and blend with just enough vinaigrette to moisten.