

Wild Origins Foragers Feast
Bull Kelp and Potato Soup +
Yukon Morel + Saskatchewan Wild Rice Risotto

We are excited to showcase a beautiful 2 course dinner, including a Bull Kelp + Potato Soup and a Wild Rice Risotto inspired by a traditional classic Italian Risotto. The commonly produced dish consisting of rice and vegetables has inspired a refined Pacific version created by Chef Paul Moran. Your meal kit will feature three Wild Origins products which are delivered to your door to create an easy and outstanding feast. The Morels + Bull Kelp are both products that flourish all over B.C. in early to late spring.

Follow along on a live Zoom cooking session with Chef Paul, where he will guide you step by step while sharing tips and tricks to make these dishes shine. If you would prefer to keep the dishes vegan, feel free to leave the butter out of the risotto and substitute your favourite dairy free milk in your soup - we recommend coconut cream. Otherwise, you can also top the risotto with your favourite grilled fish or poultry.

****Usually this recipe requires less salt as the Bull Kelp contains sufficient amounts of naturally dried sea salt, as always season to taste. Serves up to four.***

INGREDIENTS PROVIDED IN YOUR WILD ORIGINS MEAL KIT

1 package or 20g Wild Origins Morel Mushrooms
1 package or 20g Wild Origins Bull Kelp
1 package or 220g Wild Origins Wild Rice
8 locally grown Hannah Brook Farms shallots
4 locally grown Hannah Brook Farms garlic
2 Yukon Gold potatoes
1 container dried aromatic seasoning

INGREDIENTS YOU WILL NEED TO HAVE AT HOME

2 fresh hot house tomatoes
70g salted butter
70ml extra virgin olive oil
freshly ground pepper
1/2 fresh lemon
1 cup of Whipping cream
Favourite fresh herb (optional)

PREPARATIONS

FOR THE SOUP

Cut the dried seaweed with scissors into pieces approximately 1cm wide. Slice 5 Shallots thinly into strips. Add to a medium sauce pan over medium heat 2 tbsp olive oil + sliced shallots. Add 2 litres of water and bring to a boil. While waiting for a boil, peel and thinly slice the potatoes. Add the potatoes and kelp to the liquid and simmer until potatoes are tender. Finish by adding the cream and blending gently with a stick blender or stand blender. Feel free to garnish with your favourite fresh herb.

FOR THE RISOTTO

Bring two litres of water to a boil and lightly season with a pinch of salt. Add the wild rice, cover and simmer for 45 minutes, letting aroma permeate your home. Once cooked drain off any excess liquid into a suitable vessel. Keep the rice separate on stand by. Mince shallots and garlic. Chop the tomatoes into a 1cm dice. Over medium heat in a large shallow skillet/pan/pot you love cooking with, add the dried Morel mushrooms, olive oil, shallot and garlic. Proceed to sweat for 5 minutes. Add the cooked rice, seaweed and reserved rice cooking liquid as needed. Continue to cook over medium heat for 10 minutes. Finish the dish with the tomatoes, aromatic seasoning, pepper, butter and an extra drizzle of olive oil. Be sure to check for seasoning. Squeeze the 1/2 fresh lemon to add a bright acidic note in your PNW Primavera. The primavera should not be too thick. Add stock or water as needed if you run out of rice cooking liquid.

Enjoy + Happy Cooking,
Chef Paul Moran
www.wildorigins.ca