



A LOCAL *Ontario food* EXPERIENCE



## recipe of the week

spring vegetables en papillote  
on a bed of savoury brown & wild rice

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Think Julia Child....with a Daily Apple twist! Enjoy! - Lesley  
Serves 4.

- 1/4 cup olive oil
- 1 pound mixed fresh mushrooms, trimmed and torn into bite-size pieces
- 1 bunch green garlic, coarsely chopped
- 1 bunch asparagus, coarsely chopped
- 1 tablespoon Heritage Line Herbs "Better than Salt"
- 1 tablespoon minced shallot
  
- 1 package Canoe Brown n' Wild Rice
- 4 tbsp Tradition Miso (any variety)
- 4 cups spring water OR 4 cups Culinarium's own Veggie Stock

Bring 4 cups spring water or veggie stock to a boil. If using miso, remove 1/4 cup of water and dissolve miso. Reserve until later in the cooking process. Add 2 cups of Canoe Brown n' Wild Rice. Cook according to package directions.

Add miso just before rice is completely cooked - about 3-5 minutes - and keep on a very low simmer until absorbed. Season with salt, pepper and herbs to taste.

Preheat oven to 450°F with rack in middle.

Lightly brush 4 (12-inch) squares of parchment paper with some olive oil. Toss mushrooms with herbs, shallot, green garlic, asparagus, 1/2 teaspoon salt, and 1/4 teaspoon pepper in a large bowl, and then toss with remaining olive oil among parchment squares. Fold parchment to enclose veggies.

Bake packets in a shallow baking pan 20 minutes. Serve packets on plates beside rice or remove and top. Enjoy!

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## Culinarium shopping list

1 lb mixed fresh mushrooms

1 bunch green garlic

1 bunch asparagus

1 shallot

Heritage Line Herbs Better than Salt

Tradition Miso

Canoe Brown n' Wild Rice

Culinarium's Own Veggie Stock

## other

olive oil

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