



STEAM PAN RECIPES

By Goose Valley Natural Foods



WILD RICE

INGREDIENTS

1. Preheat oven to 350°.
2. Pour 5lb bag raw Wild Rice into a 4" steam pan.
3. Add 5½ quarts water (or stock). Cover tightly with foil.
4. Bake for 1 hour and 20 minutes.
5. Spoon rice onto two large sheet pans to rest.
6. Season generously with salt. Drizzle with olive oil.
7. Once cool, store in container and refrigerate until ready to use.



BROWN & WILD RICE FUSION®

INGREDIENTS

1. Preheat oven to 350°.
2. Pour 5lb bag raw Brown & Wild Rice Fusion into a 4" steam pan.
3. Add 5 quarts water (or stock). Cover tightly with foil.
4. Bake for 1 hour.
5. Spoon rice onto two large sheet pans to rest.
6. Season generously with salt.
7. Once cool, store in container and refrigerate until ready to use.

Eat Wild!