

## Wild Rice Casserole with Parsnips and Pears

Serves 4

Prep time: 1.5 hours + 12 hours of resting

### **Ingredients**

1 cup Ontario wild rice  
2 lb (1 kg) parsnips, chopped  
2 cups (500 g) thinly sliced pears  
¼ cup (60 mL) milk  
½ cup (120 g) breadcrumbs  
2 Tbsp. (30 g) sugar  
2 Tbsp. (30 g) brown sugar  
6 Tbsp. (90 g) butter  
1 Tbsp. (15 g) fresh parsley, finely chopped  
¼ tsp. (2 g) nutmeg  
Salt and pepper to taste

### **Directions**

1. Cook parsnips in one pot of water with a pinch of salt. In another pot, cook the wild rice.
2. Drain the cooked parsnips and mash them with the milk and 3 Tbsp. (45 g) of butter. Add salt and pepper to taste.
3. Drain the wild rice and add it to the mixture, then spread half of the mixture in a buttered 8-cup (2 L) casserole dish.
4. Top this first layer with sugar-coated pear slices. Sprinkle nutmeg over pears.
5. Spread the rest of the mixture on top. Cover and refrigerate for 10 to 12 hours.
6. Thirty minutes before putting the casserole in the oven, bring the dish to room temperature. Combine breadcrumbs, brown sugar and 3 Tbsp. (45 g) of butter and spread over the mixture in the dish.
7. Sprinkle with parsley and bake at 350 °F (180 °C) for 35 to 40 minutes. The meal is ready when the pears are tender. Serve immediately.