

Wild Rice Pancakes Recipe

Sauté in 1/4 cup of butter, 1 1/3 cup red onion and 1 1/3 cup red bell pepper

Add:

2/3 cup gluten free flour

1/2 cup chopped pistachios

Salt and pepper

1 TBLS fresh thyme

3 cups wild rice cooked

1 cup chicken stock

4 eggs beaten

1/4 tsp red pepper flakes

Combine and with an ice cream scoop,
dip and flatten on a griddle oiled with butter,
fry till golden brown.

Serve with any meat (especially good with duck, salmon, or grilled meat) and topped with anything from basil, sour cream, to mustard.