

Would You Believe Wild Rice Pie Ingredients

- 3 eggs, lightly beaten
- 1/2 cup honey
- 1/2 cup molasses
- 1 1/2 cups cooked wild rice
- Pastry to line 9" pie pan

Directions

Combine eggs, honey, molasses and salt. Stir in wild rice. Pour into unbaked pie shell and bake at 350f for 40-50 minutes, or until center of pie puffs slightly. (it settles when cooled). Serve with whipping cream or ice cream.

Yummy.....enjoy!!!!!!!!!!

Note: wild rice has been grown for many years. North american indians harvested the crop from marshy bogs, lakes and rivers. When the white man first came to this continent, they soon found this kind of rice to be very high in nutrient value.

It is grown in man-made paddies with an average water level from 1/2 to 5 feet . It is a tall annual plant growing up to 8 feet, but the average height is 4 feet.

Years ago and still today, indians use a canoe and an 18 inch riding stick to harvest the rice. One person would steer and propel the canoe while the other would bend the plant into the canoe ad strike it to release the rice. Other methods are mechanical, either by air-boats or combines.