



California Cooking

California Comfort With Class

California Wild Rice Means Cozy Comfort Without the Cost

(NAPSA)—Comfort and tradition are king these days, as well as keeping a close eye on the dollar. That means that the time is right for economical and satisfying meals.

Gone are the days when wild rice was considered a luscious luxury. Because of new, state-of-the-art harvesting equipment, California wild rice is abundant and affordable. In fact, California farmers produce over half of the U.S. production of wild rice.

That's not the only good news about wild rice. It's a natural food, with no additives or preservatives. It's low in fat and a good source of fiber. The nutty flavor and coffee-colored grains add interest to salads, stuffing, pilafs and soups.

Stretch your grocery dollars with this savory soup from the California wild rice farmers. It's okay if your guests ask for seconds. There's plenty for everyone.

For a FREE California wild rice recipe brochure, send a business-size SASE to: California Wild Rice Advisory Board; 335 Teegarden Ave; Yuba City, CA 95991, or visit www.cawildrice.com.

Creamy Asparagus and California Wild Rice Soup

2 pounds fresh or frozen green asparagus



Americans are going crazy over comfort food, and this cozy and creamy soup makes enough to handle a hungry crowd.

- 2 tablespoons butter**
- 3 cups vegetable broth, divided**
- 2 cups heavy cream**
- 3 cups cooked California wild rice***
- ½ teaspoon salt**
- ¼ teaspoon ground white pepper**
- 1 teaspoon fresh lemon juice**
- Fresh parsley sprigs (optional)**

Cut off asparagus tips; reserve remaining pieces. Blanch asparagus tips 1 minute in boil-

ing, salted water. Drain and set aside. Cut remaining asparagus into bite-size pieces; sauté in butter 2 minutes. Add enough broth to cover asparagus; simmer until tender. Pour mixture into blender and puree. In 2½-quart saucepan, combine puree mixture, remaining broth, cream, wild rice, asparagus tips, salt, pepper and lemon juice; heat through. Garnish each serving with parsley (optional).

Makes 10 servings.

*** 1 cup uncooked wild rice yields 3 cups cooked.**