Three Sisters & Friends Salad

Origin: Corn Dance Cafe
Yield: 6 servings
Prep Time: 1 hour
Ethnicity: Native American
Difficulty: Easy

Description:
A tabbouleh-like salad with The Three sisters + wild rice and quinoa

Prep dishes and plating/serving needs:
- Pots to simmer / soak beans, quinoa and rice
- Cutting board and paring knives
- Colorful plates for service; silverware; cloth napkins
- Wooden spoons

Ingredients:
- 4 fresh garlic, minced
- 1 cup uncooked quinoa
- 1/2 cup Ojibwe wild rice
- 1 cup COOKED black beans, (if canned, rinse and drain well)
- 1/2 cup green zucchini, raw, unpeeled, 1” diced
• 1/2 cup yellow zucchini or yellow crookneck squash, raw, unpeeled, 1” diced
• 1/2 cup jicama, peeled, raw, very fresh and unblemished, 1” dice (may omit if good quality not available but it really adds a nice crunch to the salad)
• 1/2 cup fresh cilantro, chopped
• 1 jalapeno pepper, seeded & diced
• 1 green onion, thinly sliced
• 1/3 cup fresh mint finely minced
• 1/2 tsp. sea or kosher salt
• 1/4 tsp. freshly ground cumin seeds dry-roasted in a skillet
• Endive leaves, butter lettuce or radicchio - whatever looks most fresh, crisp and unblemished
• 1 ripe avocado, cubed

New Ingredient Group:
• Extra Virgin Olive Oil
• Seasoned Rice Wine Vinegar
• Fresh Lime Juice
• Cherry or currant tomato halves
• Flower petals, corn shoots, micro greens if available

Directions:
If cooking black beans no need to soak. Rinse, cover with water, and bring to boil. Simmer with 2 cloves of the minced garlic until done (add some epazote if available. It’s an aromatic herb commonly used in the cuisines and traditional medicines of central and southern Mexico and Guatemala. With a somewhat pungent it has notes of oregano, anise, citrus, and mint) - al dente. Drain and set aside.

Rinse quinoa thoroughly in a very fine chinois (or use cheesecloth). Cover with cold water, bring to boil, reduce heat and simmer, stirring occasionally until quinoa becomes translucent and the little white endosperm appears. Be careful not to overcook or it will turn to mush. Drain immediately in a fine chinois and rinse with cold water. Drain and set aside.

Rinse and cook wild rice in boiling water until it just “blooms” - al dente. Drain and set aside.

Dry toast cumin seeds in a skillet until aromatic. Combine olive oil, rice wine vinegar, lime juice, cumin, salt and blend. Toss with beans, corn and squash as it takes a bit longer for them to absorb, and let sit for 15 minutes before adding other ingredients.

Fluff quinoa and wild rice in a large mixing bowl, toss with all remaining ingredients including the dressed black beans. Plate and garnish with diced avocado/cherry or currant tomato halves and other ingredients along with flower petals, corn shoots, and micro greens if available.