



# Wild Rice Casserole

*serves 6*

- 3 cloves garlic, finely chopped
- 1 large yellow onion, finely chopped
- 8 ounces cremini mushrooms
- 1 tablespoon extra-virgin olive oil or unsalted butter
- fine-grain sea salt
- 1 teaspoon Dijon mustard
- 1/2 cup sour cream
- 1 cup cottage cheese
- 2 large eggs
- 3 cups cooked wild rice and/or brown rice, at room temperature
- 1/3 cup freshly grated Gruyere cheese
- 1 teaspoon chopped fresh tarragon or thyme

Preheat the oven to 350° with a rack in the top third of the oven. Rub a medium-large baking dish with a bit of butter or olive oil. The pan I use is slightly smaller than a classic 9 by 13-inch baking dish. Alternatively, you can also use individual baking dishes.

In a large bowl, whisk together the eggs, cottage cheese, sour cream, mustard and a scant 1/2 teaspoon salt.

In a large skillet over high heat, combine the olive oil with a couple pinches of salt. Stir in the mushrooms. After the initial stirring, leave the mushrooms alone until they release their water and the water evaporates, about 5 minutes. Continue to cook and stir every couple minutes until the mushrooms are browned. Add the onion and cook until the onion is translucent, another 2 or 3 minutes. Stir in the garlic, cook for another minute, and remove from the heat. Add the rice to the skillet and stir until

combined.

Add the rice mixture to the cottage cheese mixture, stir until well combined, and turn into the prepared baking dish. Sprinkle with two-thirds of the grated cheese and cover with aluminum foil.

Bake for 30 minutes. Remove the foil and bake for another 20 or 30 minutes, until the casserole takes on a lot of color. If you are in a rush, you can finish it under a broiler for a couple of minutes, but watch carefully so the top of your casserole doesn't burn; it can happen quickly. The finished casserole should be hot throughout and golden along the edges. Serve sprinkled with the chopped tarragon or thyme and the remaining cheese.