

WILD RICE SMOKED TROUT SALAD

INGREDIENTS

2 cups cooked wild rice, at room temperature

1/2 pound smoked trout, skinned and cut in bite-sized pieces (I exclusively use Duck Trap)

1 small can (9 oz) whole kernel corn

4 scallions, white and a little bit of green parts only, finely sliced

Dressing

3 tablespoons red wine vinegar

1/4 cup canola oil

1 tsp fresh tarragon

squeeze of fresh lemon juice

salt and pepper to taste

INSTRUCTIONS

Cook rice according to manufacturer's directions. Let cool to room temperature (I usually do this the evening before). Prep remaining ingredients. In large bowl, toss salad ingredients. Wisk together all dressing ingredients, add dressing to salad and toss again.

This salad is best served at room temperature; cold, it is really not very good as the rice gets all gummy.