

## March Madness in the Kitchen

**F**ill the month with madness as you try your hand at my latest word puzzle. The object is to form a word for each word fragment by adding letters to the beginning and/or end of each word fragment. All of the words created should be foods found on a farm-to-table menu in March — we are saying farewell to some while welcoming others into season.

Please note that you may not add letters to the middle of the fragments or rearrange letters. In addition, you may not use the same word more than once. Hint: One of the foods appears in one of the spring recipes below.

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### Wild Rice with Walnuts and Dried Fruit

- 1½ cups of wild rice
- 2 to 3 cups of chicken stock
- Sea salt
- Freshly ground pepper
- ½ cup walnuts, halved
- ¾ cup dried fruit, such as blueberries and/or cherries

Rice is a good accompaniment to seafood dishes. For this recipe, I use Bineshii Wild Rice, which I order online at [www.bineshiwildrice.com](http://www.bineshiwildrice.com). It is a Native American-owned business located on an Indian reservation in northern Minnesota.

Place the rice into a medium sized pot and flatten out the rice so that it is evenly distributed. Pour the stock over the rice so that the rice is submerged; you will have to add more stock later. Also add salt and pepper to taste and a piece of crystallized ginger if you have it.

Cook over medium heat until the stock comes to a boil. Then turn down to low heat and check periodically to see whether you need to add more stock. As the rice absorbs the stock, pour more stock into the pot so that the rice does not burn. The rice should cook for about 25 minutes. Taste the rice to make sure that it is cooked but not mushy. Check the suggested cooking time for the specific rice that you use as cooking times will vary depending on the size and type of rice.

When the rice is cooked, remove the pot from the burner. Once the pot cools, transfer the rice to a serving bowl and mix in the walnuts and dried fruit. Also add more salt and pepper to taste. Serve the rice at room temperature.

### Grilled Tuna Stuffed with Arugula

- One handful of arugula
- One handful of watercress
- Extra virgin olive oil
- Juice of a freshly squeezed lime and one additional lime
- Sea salt
- Freshly ground black pepper
- 4 tuna steaks, 1½ inch thick

Remove any thick stems from the arugula and watercress. Mix the greens in a bowl with a healthy drizzle of olive oil and the juice of one lime. Using a very sharp, thin knife, such as a fillet knife, make a small slice into one side of the tuna steak to make a pocket. Be careful not to cut through the opposite side, the top or the bottom of the steak. Stuff the pocket with the arugula and watercress mixture and season with salt and pepper to taste. Do not over season, as both arugula and watercress are peppery greens.

Grill the steaks over high heat, turning once, about three to four minutes per side for rare. Serve the steaks with a wedge of fresh lime and wild rice with walnuts and dried fruit.

Enjoy your tuna steak and wild rice with the word puzzle as an appetizer, side or dessert. 🍴