

Sole and Shrimp on Wild Rice – Gibbs-California Wild Rice

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- **Yield:** 10 Servings

Like shrimp and sole? Combine it with wild rice to add wild rice's signature flavor and texture for an unbeatable dinner.

Recipe courtesy of: California Wild Rice Advisory Board

Ingredients

- 2 1/2 cups [California Wild Rice](#) *uncooked*
- 2 cups [water](#)
- 6 cups [dry white wine](#)
- 1/2 cup [double heavy cream](#)
- 14 oz [raw shrimp](#) *peeled*
- 1/2 tsp [salt](#)
- 1/4 tsp [freshly ground pepper](#)
- 1/2 tsp [lemon juice](#)
- 2 tbsp [snipped fresh dill](#)
- 20 [3-oz sole fillets](#)

Instructions

1. Simmer wild rice in water and 4 cups wine for 40 minutes or until tender. Boil off any remaining liquid.
2. Reduce heat; add cream and shrimp. Cook, stirring constantly, until shrimp are pink.
3. Season with salt, pepper, lemon juice and dill; set aside and keep warm.
4. Roll fillets and poach in remaining wine approximately 10 minutes.
5. Make beds of wild rice mixture on serving plates, top each with two fillet rolls and serve with side salad.

- **Course:** [Entrée](#)