

# Wild Rice Pilaf with Pear

1 C wild rice	1 pear, peeled, cored, and diced
2 C water	1/2 C dried cranberries
2 t Yunnan Noir	1/2 C chopped pecans or walnuts
1 T olive oil	1/4 C chopped fresh parsley
1 small onion, finely chopped	Salt and pepper to taste
2 cloves garlic, minced	

**BREW THE TEA:** Bring the water to a boil, then remove from heat. Add the Yunnan Noir tea and let steep for 5-7 minutes. Strain, discard the leaves, and set the brewed tea aside.

**COOK THE RICE:** In a medium saucepan, heat the olive oil over medium heat. Add the chopped onion and garlic, and sauté until the onion is translucent, about 5 minutes. Add the wild rice and stir to coat with the oil.

**SIMMER THE RICE:** Pour the brewed tea into the saucepan with the rice. Bring to a boil, then reduce the heat to low, cover, and simmer for 45-50 minutes, or until the rice is tender and the liquid is absorbed.

**ADD THE PEAR AND MIX-INS:** Stir in the diced pear, dried cranberries, chopped nuts, and fresh parsley. Cook for an additional 5 minutes, until the pear is slightly softened. Season with salt and pepper to taste.