



# MINNEAPOLIS

## RECIPE

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*Inspired by Nordic and native ingredients of Minnesota*

*Yield: 2 ⅓ cups*

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### Step 1: Make the base ranch

¼ cup buttermilk	2 pinches ground black pepper
1 cup mayonnaise	½ teaspoon dried parsley
½ cup sour cream	¼ teaspoon dried dill weed
¼ and ⅛ teaspoon table salt	¼ teaspoon MSG
½ teaspoon garlic powder	
½ teaspoon onion powder	<i>Combine all ingredients.</i>

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### Step 2: Bring in some local flavor

- ¼ cup lingonberry sauce
- 1 cup cooked wild rice
- 1 teaspoon prepared horseradish

**1.** *To cook wild rice, cover ⅓ cup wild rice with enough lightly salted water to cover 1 inch above the rice. Bring to a boil, reduce to a simmer, and cook for about 40 minutes or until the wild rice is tender. (If the water boils away so that the rice is not covered, simply add more water during the cooking.) Drain the wild rice and let cool.*

**2.** *Combine all ingredients into base ranch.*

*Enjoy!*

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