Chicken and Wild Rice Mushroom Bake

One 9×13 in (23×33 cm) baking dish, at least 3.5 qt/3.3 L; 6 main-dish portions · Active 40 min · Total 2 hr 10 min

Ingredients

- About 1 1/2 cups pure dry wild rice (250 g), weighed because grain sizes vary
- 5 cups water (1.2 L), for rice, plus up to 1 cup/240 ml reserve if needed
- 1 lb 5 oz boneless skinless chicken thighs, cut in 3/4-in/2-cm pieces (600 g)
- 2 tablespoons neutral oil (30 ml), divided equally between chicken and mushrooms
- 10 oz mushrooms, sliced (280 g)
- 1 medium onion, finely chopped (150 g)
- 2 celery stalks, finely diced (100 g)
- 1 medium carrot, cut in 1/4-in/6-mm dice (100 g prepared)
- 2 tablespoons butter (30 g)
- 3 tablespoons all-purpose flour (25 g)
- 1 1/4 cups milk (300 ml)
- 3/4 cup low-sodium chicken stock (180 ml)
- 1/2 teaspoon dried thyme
- 2 tablespoons chopped fresh parsley (8 g)
- 1/4 teaspoon fine salt (1.5 g)
- 1/4 teaspoon black pepper

Set out

Oven, 9×13 in (23×33 cm) baking dish, at least 3.5 qt/3.3 L, Covered rice saucepan, at least 3 qt/2.8 L, 12-in/30-cm deep skillet, Colander, Bowl, Whisk, Rimmed baking sheet, Food thermometer, Suitable foil if the topping colors before the center finishes

Allergens

Milk, Wheat, Celery; check stock labels. Check labels and substitutions.

Make it

1. Start wild rice first: rinse, put in its saucepan with 1.2 L water and bring to a boil. Cover and simmer gently 45–60 minutes, or its packet time if longer, until tender with many grains split. Add reserve water if needed to keep it covered. Drain excess water and keep hot, covered.

2. While rice cooks, heat the oven to 375°F (190°C) and put the dish on a rimmed sheet. Heat 15 ml oil in the skillet over medium-high heat. Cook chicken 8–10 minutes, turning, until several thick pieces reach 165°F (74°C). Transfer to a clean bowl.

3. Add remaining 15 ml oil and mushrooms; cook 8–10 minutes until browned and their water is gone. Add onion, celery and carrot, lower heat and cook 10–12 minutes until softened. Melt butter into the vegetables. Stir in flour for 1 minute, then gradually whisk in milk and stock. Add thyme, salt and pepper and simmer 3–4 minutes until lightly thickened.

4. Fold in hot cooked wild rice, chicken and parsley. Spread the hot mixture in the dish and cover loosely with suitable foil. Bake 20 minutes, uncover and bake 10–15 minutes more until the center and several other places reach 165°F (74°C).

5. Rest 5 minutes, then divide into six portions.

Make the long grain visible

Fold with a broad spoon rather than stirring vigorously. A finished serving should show dark wild-rice grains, mushroom slices and chicken pieces instead of a uniformly mashed filling.

A useful detail

The 130-minute total allows preparation, the full wild-rice stage alongside skillet work and up to 35 minutes baking. Pure wild-rice products vary; add any packet cooking time beyond 60 minutes. This recipe uses freshly cooked hot rice, not previously chilled rice.

Keep it well

Cool the finished rice bake quickly in small shallow portions, ideally within 1 hour of cooking, and refrigerate at 40°F (4°C) or below. Use within 24 hours of the rice's original cooking, or an earlier ingredient deadline. Reheat rice no more than once, to 165°F (74°C) throughout, then eat immediately and discard reheated leftovers. Do not leave the full deep dish on the counter to cool. This is a fresh-serving and short-refrigeration recipe rather than a freezer-batch method.