

Wild-and-Brown-Rice-Stuffed Capons

Recipe By Rivky Kleiman



Cooking and Prep:  3
h 12 m

Serves:  8

No Allergens

Preference: Meat

Difficulty: Easy

Occasion: Shabbat, Shavuot,
Rosh Hashanah, Sukkot

Source: Family Table by
Mishpacha Magazine

If you're looking for that perfect recipe that is elegant, tasty, and not too time consuming, these capons fit the bill. I loved the concept of stuffing the capons with the wild and brown rice mixture that is tasty, filling, and healthy, too. These are so elegant that they can be served at a Yom Tov table or simchah.

Ingredients (10)

Main ingredients

- 8 capons
- salt, onion powder, garlic powder, and paprika, for sprinkling
- 1/2 cup Gefen Duck Sauce
- 1/2 cup French-fried onions

Stuffing

- 2 tablespoons **Bartenura Olive Oil**
 - 1 small onion, diced
 - 2 cloves garlic, crushed or 2 cubes **Gefen Frozen Garlic**
 - 1 cup gourmet blend of wild and whole grain brown rice
 - 2 cups boiling water
 - 1 envelope noodle soup mix (approximately 4 ounces / 110 grams)
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Start Cooking

Make the Capons

1. In a medium frying pan, heat olive oil over medium heat. Add diced onions and sauté for 10 minutes. Add crushed garlic and cook an additional two minutes.
2. Add rice, boiling water, and noodle soup mix. Stir and bring it to a boil. Cover then lower heat to a simmer and cook for 50 minutes. Turn off heat and allow to sit an additional 10 minutes. Allow to cool.
3. Place one tablespoon rice mixture in the center of each capon. Fold capon tightly around the mixture and place in a roaster or a 9x13-inch pan. Season capons with salt, onion powder, garlic powder, and paprika. Pour the duck sauce over the capons and spread evenly to coat. Sprinkle French-fried onions on top. Cover and bake at 350 degrees Fahrenheit (180 degrees Celsius) for two hours.

Tip:

You can serve the extra rice mixture with sauce from the chicken or simply as an extra side dish.