



4630 Churchill Street, #1, St. Paul, MN 55126 • Phone: 651.638.1955 • Fax: 651.638.0756 • wr@mnwildrice.org • www.mnwildrice.org

FOOD EDITORS RELEASE

Contact: Beth C. W. Nelson, President
Chelsea Russell, Communications Director

ASPIRING CHEFS WANTED FOR “WILD” COMPETITION ***“Get Wild with Wild Rice” Recipe Contest Set to Award Cash and Prizes***

The Minnesota Cultivated Wild Rice Council is searching for individuals with the culinary imagination and creativity to compete in its 6th Annual “*Get Wild with Wild Rice*” Recipe Contest. Culinary professionals, aspiring chefs, or those who simply enjoy cooking and the culinary arts are all invited to participate in this national competition. Of course, all recipes must feature the deliciously distinctive flavor of the only cereal grain native to North America – wild rice!

Here’s how it works - recipes entered go head-to-head in a taste test conducted by our culinary specialists. Participants have three opportunities to win: 1) Up to 16 finalists will be selected to have their recipe published and win a *wild* prize pack; 2) A Grand Prize of \$500 will be awarded to one winning recipe chosen by a panel of judges; and 3) In September, winning recipes will be posted on our website for an online contest celebrating National Rice Month. America will vote for their favorite recipe and one lucky winner will receive a \$250 People’s Choice Award. The deadline for recipe submission is June 14, 2015. Visit www.mnwildrice.org for full contest details.

Additionally, this year’s “*Get Wild with Wild Rice*” Recipe Contest serves as an automatic qualifier for the 2015 World Food Championships in Kissimmee, FL. What does that mean for you? It means one lucky winner will receive a Golden Ticket which qualifies them to compete in the World Food Championships with a total purse of \$300,000 in cash and prizes!

Now in its 6th year, the “*Get Wild with Wild Rice*” recipe contest continues to grow in popularity. Each year this recipe contest attracts even more unique offerings than the year before, demonstrating both the imagination of contestants and the versatility of wild rice. Enjoy the great taste of wild rice by trying these previous grand prize winning recipes today:

2014 Grand Prize Winner – Roasted Poblano Chicken Wild Rice (Areli Biggers, Hopkinton, MA)

This delicious creation features wild rice with tender chicken breast fillets, roasted poblano peppers, onion, garlic, corn, and shredded Mexican cheese for an exotic blend of flavors. The unique combination of roasted peppers and wild rice give this dish a distinctively smoky flavor unlike anything you’ve tried before.

2013 Grand Prize Winner – Zesty Wild Rice Skillet (Katie Schlick, St. Cloud, MN)

This recipe features wild rice with marinated chicken, bacon, onion, Tuscan-seasoned broccoli, and Parmesan cheese for a deliciously vibrant blend of flavors. *Zesty Wild Rice Skillet* is easy-to-prepare and provides a great opportunity to incorporate the great taste of wild rice into your everyday meals.

2012 Grand Prize Winner – Wild Rice & Sausage Frittata (Anne Lauer, Hugo, MN)

This recipe showcases eggs with wild rice, pork sausage, Vidalia onion, and Mozzarella and Parmesan cheeses for a deliciously distinctive creation which can be served as a protein-rich main dish or as a creative option for a hearty breakfast (a frittata is the Italian version of the omelette).

For these and other wild rice recipes, visit one of the most extensive wild rice recipe libraries found online (www.mnwildrice.org/search.php).

Healthy, nutritious, and delicious – no wonder wild rice is the grain of choice for those who love versatility, freshness, and flavor.



Tradition! Wild rice is rich with tradition. It has grown naturally in the clean, clear waters of the North for centuries and as an agricultural crop for over 40 years. Wild rice really isn't rice at all. It's the seed of *Zizania palustris*, a tall blooming water grass that prospers in the lush vegetation of the Great Lakes region. For many years, wild rice was an important staple food of Native American tribes. It was called "manoomin," which translates into "good berry." Today, most wild rice is cultivated, yet it remains a natural product.



Simple & Convenient! One great advantage of wild rice is that it can be cooked ahead of time, refrigerated or frozen, and added at the last moment to almost any dish. To prepare this convenient product, simply add one cup of uncooked, cultivated wild rice to 3-4 cups of boiling water. Cover, reduce heat, and simmer 30-45 minutes or until grains begin to open. Drain and store in re-sealable freezer bags. Cooked wild rice can be refrigerated up to one week or frozen up to six months.



Gourmet Flair! Wild rice adds flair to entrees, soups, and salads, lending nutty texture and unique flavor to any dish. Keep cooked wild rice on hand to add elegance to your meals. Impress your family and friends by livening up some of your familiar favorites with style:

Pilaf: Stir in wild rice, dried cherries, and toasted almonds to cooked white or basmati rice for a quick but elegant accompaniment to your grilled meats.

Pancakes: Add texture and taste to your Sunday morning brunch by swirling wild rice into your pancake batter. Serve with real maple syrup.

Omelets: Saute fresh mushrooms in flavored oil. Add cooked wild rice and shredded Swiss or Gruyere cheese for a tasty filling.

Italian Rice Salad: Combine chopped tomatoes, red onion, olives, and capers with a splash of Italian salad dressing and wild rice for a lovely, no-fuss accompaniment to grilled tuna or salmon.



Nutritious! Did you know wild rice has only 83 calories per ½ cup serving? It is a good source of fiber, protein, B-vitamins, and potassium. This nutritional grain is free of sodium, preservatives, and additives, making it the grain of choice for anyone who loves fresh ingredients, healthy dishes, and versatility.

To receive your free copy of the Council's latest recipe brochure, "*Minnesota Cultivated Wild Rice Recipes and Answers to Often Asked Questions*," featuring contest winning recipes and other wild rice favorites, including soups, appetizers, salads, entrees, and side dishes, send a self-addressed-stamped-envelope to:



Minnesota Cultivated Wild Rice Council
Newest Recipes
4630 Churchill St., #1
St. Paul, MN 55126

ROASTED POBLANO CHICKEN WILD RICE

Areli Biggers, Hopkinton, MA

- ½ cup chopped onion
- 1 tsp minced garlic
- 2 tbsp butter with canola oil
- 1 cup cooked, cubed Gold'n Plump® Extra Tender Boneless Skinless Chicken Breast Fillets
- 1 cup cooked wild rice
- 1 pkg (9 oz) frozen Green Giant® Steamers Niblets® Corn, prepared as directed on pkg
- 2 large deveined, chopped, roasted poblano peppers
- 2 tbsp sour cream
- ¼ cup chicken broth
- ½ cup Sargento® Artisan Blends® Shredded Authentic Mexican Cheese
- salt and pepper to taste

In large skillet, sauté onion and garlic in butter. Stir in remaining ingredients; heat through. 4 servings.

ZESTY WILD RICE SKILLET

Katie Schlick, St. Cloud, MN

- 1 pkg (14 oz) Gold'n Plump® Extra Tender™ Chicken Stir Fry Pieces
- ⅓ cup Famous Dave's® Chicken Marinade
- 2 tsp canola oil
- 4 strips bacon, cooked, crumbled
- ½ red pepper, julienned
- 1 small onion, julienned
- 2 cups cooked wild rice
- 1 pkg (11.5 oz) frozen Green Giant® Seasoned Steamers™ Tuscan Seasoned Broccoli, prepared as directed on pkg
- 2 tbsp Famous Dave's® BBQ Sauce, Sweet & Zesty
- ¼ cup Sargento® Artisan Blends® Shredded Parmesan Cheese

In small bowl, coat chicken with marinade. In large skillet, sauté chicken in oil. Stir in remaining ingredients; heat through. 6 servings.

WILD RICE & SAUSAGE FRITTATA

Anne Lauer, Hugo, MN

- 1 large Vidalia onion, sliced into ¼" thick rings
- 2 tbsp olive oil
- 3 pkg (7 oz) frozen Green Giant® Antioxidant Blend-Olive Oil Seasoning, prepared as directed on pkg
- 2 cups cooked wild rice
- 8 oz smoked pork sausage, cooked, diced
- 8 large eggs
- ⅓ cup half and half
- ¼ tsp each: salt and pepper
- ½ tsp Italian seasoning
- 1 cup Sargento® Fine Cut Shredded Mozzarella Cheese
- ⅓ cup Sargento® Artisan Blends® Shredded Parmesan Cheese

Preheat oven to 375°F. In ovenproof, non-stick 12" skillet, cook onion in oil until softened; arrange vegetables over onion. Spread wild rice and sausage evenly over vegetables; continue to cook. In small bowl, beat eggs, half and half, and seasonings; pour over skillet mixture. Do not stir; reduce heat. Cook until eggs begin to set around edges; sprinkle cheeses on top. In same skillet, bake until set all the way through and top is golden (about 15 minutes). Remove from oven; let rest 5 minutes. Run knife gently around edges; carefully invert onto a large plate. 6 servings.

Notes to Editor:

For an electronic copy of the photos, call or email our office.

Due to limited funds, we are unable to utilize a clipping service. Run our release and send us a copy — we'll return the favor by sending you a 1/2 pound of cultivated wild rice. If you cannot accept the wild rice, we'd still appreciate a clipping to show our growers — **thanks!**

Readers responding to the brochure offer receive a "Mail Order Supplier" list along with the *Minnesota Cultivated Wild Rice Recipes and Answers to Often Asked Questions* brochure. Due to limited funding, readers need to send a business size self-addressed-stamped-envelope to:

Minnesota Cultivated Wild Rice Council

Newest Recipes
4630 Churchill St., #1
St. Paul, MN 55126

Roasted Poblano Chicken Wild Rice

Credit: Minnesota Cultivated Wild Rice Council



Zesty Wild Rice Skillet

Credit: Minnesota Cultivated Wild Rice Council



Wild Rice & Sausage Frittata

Credit: Minnesota Cultivated Wild Rice Council

