

# MINNESOTA CULTIVATED WildRice COUNCIL

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## FOOD EDITORS RELEASE

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

## ***Recipe Contest Asks Aspiring Chefs to “Rice” to the Occasion*** ***16<sup>th</sup> Annual “Get Wild with Wild Rice” Recipe Contest Kicks Off!***

Calling all creative home cooks, aspiring chefs, and culinary enthusiasts: the Minnesota Cultivated Wild Rice Council invites you to showcase your talents in the 16th Annual “Get Wild with Wild Rice” Recipe Contest. This nationwide competition offers you the chance to put your original recipe in the spotlight, earn public praise, and win exciting prizes.

This contest is more than a friendly cook-off. It’s a celebration of creativity, flavor, and versatility of wild rice — the only cereal grain native to North America. Last year’s Grand Prize and People’s Choice winners set the bar high with Wild Banana Blueberry Pecan Pancakes and Argentine Wild Cherry Chicken Platter, and this year we want to see what you can create.

Competing in this prestigious event offers more than just bragging rights. The Grand Prize and People’s Choice Award winners will take home cash prizes and the honor of being the best wild rice cooks of 2025. Plus, one finalist will earn the coveted Golden Ticket to the World Food Championships, providing an exciting opportunity to compete with the nation’s top chefs on an even bigger stage.

Here’s how it works – recipes submitted at [mnwildrice.org](http://mnwildrice.org) go head-to-head in a taste test conducted by our culinary specialists. Participants have four opportunities to win: 1) up to 16 finalists will be selected to have their recipes published and win *wild* prize packs; 2) a Grand Prize of \$500 will be awarded to one lucky recipe chosen by a panel of judges; 3) in September, National Rice Month, America will vote for its favorite recipe online for the \$250 People’s Choice Award; and 4) one finalist will receive our Golden Ticket to compete in the 2025 World Food Championships.

The contest opens May 9, with a deadline of June 9 for recipe submissions. Culinary creations need to include ¼ cup of cooked wild rice per serving and at least one sponsor product from Just Bare®, Minnesota Beef Council, Minnesota Pork Board, Minnesota Turkey Research & Promotion Council, and Northern Canola Growers Association.

Now in its 16<sup>th</sup> year, this popular contest has produced scores of “wildly” imaginative recipes demonstrating the creativity of our contestants as well as the versatility of wild rice. See for yourself – for contest finalists and other wild rice recipes, visit one of the most extensive wild rice recipe libraries in the world ([mnwildrice.org/search.php](http://mnwildrice.org/search.php)).

The “Get Wild with Wild Rice” Recipe Contest is an Elite Qualifier for the 2025 World Food Championships in Indianapolis, IN. One lucky finalist will be able to compete in this high stakes food competition which has awarded more than \$3 million in cash to culinary talent! Visit [mnwildrice.org](http://mnwildrice.org) for full contest details.



*Wild Banana Blueberry Pecan Pancakes (top) and Argentine Wild Cherry Chicken Platter won the Council's 2024 Grand Prize and People's Choice Awards.*

To receive your free copy of the Council’s latest recipe brochure, *Minnesota Wild Rice Recipes & Answers to Frequently Asked Questions*, featuring 2024 contest winning recipes, including soups, salads, sides, and entrees, send a self-addressed-stamped-envelope to:



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

Recipes for photos:

#### **WILD BANANA BLUEBERRY PECAN PANCAKES**

*Natalie Yarbrough, Minnetonka, MN*

- 2¼ cups all-purpose flour
- ½ tsp salt
- 1 tsp lemon zest
- 1 tsp cinnamon
- 2 tsp each: baking soda and baking powder
- 2 large eggs
- 2 tbsp brown sugar
- 2 cups buttermilk
- ¼ cup melted butter
- 1 banana, mashed
- 1 tbsp vanilla extract
- 1 cup blueberries
- ¾ cup chopped pecans
- 1 cup cooked wild rice
- 4 tbsp canola oil
- maple syrup

In large bowl, mix first 6 ingredients. In separate large bowl, whisk eggs and brown sugar. Stir in buttermilk, butter, banana, and vanilla until combined; add to dry mixture. Do not overmix. Fold in berries, pecans, and wild rice. In large skillet, heat 1 tbsp oil. Ladle in 3 pancakes using ⅓ cup of batter for each; cook 3 minutes. Flip; cook 1 minute. Repeat. Serve with syrup. 4 servings.

#### **ARGENTINE WILD CHERRY CHICKEN PLATTER**

*Laura Kurella, Wellston, MI*

- 1 lb Just Bare® Boneless Skinless Chicken Thighs, cubed
- salt and pepper, to taste
- 2 tbsp canola oil
- 2 cups cooked wild rice
- fresh lime wedges and cilantro, garnish

##### **Chimichurri (blend in food processor; chill at least one hour):**

- 2 cloves garlic, peeled
- 1 small shallot, peeled
- 2 tbsp each: dry red wine (or red wine vinegar) and fresh lime juice
- ½ cup pitted fresh cherries (tart or dark)
- 8 sprigs fresh cilantro
- 4 sprigs fresh parsley
- 4 fresh mint leaves
- ¼ tsp crushed red pepper flakes
- 1 tsp pink sea salt
- ½ cup canola oil

In medium skillet, brown chicken with salt and pepper in oil. Stir in wild rice; heat through. Drizzle with chimichurri; garnish. 4 servings.

#### **Notes to Editor:**

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 ½ pound of cultivated wild rice. If you cannot accept the wild rice, we’d still appreciate a clipping to show our farmers – **thanks!**