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FOOD EDITORS RELEASE

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FROM SOUPS, TO SIDES, TO STUFFINGS - 'TIS THE SEASON FOR WILD RICE TO ENRICH YOUR HOLIDAY MEALS

Wild Rice is the Key to Unforgettable Holiday Meals!

Fall brings to mind the harvest season, the approaching holidays, and comfort foods that warm the heart as temperatures grow colder. But as the holidays near, it's often difficult to find new ways to liven up the traditional celebratory meals. However, adding wild rice to your time-honored holiday favorites by incorporating it into soups, sides, or stuffings will transform your long-established holiday menus. Wild rice's distinctive nutty flavor and incredible versatility add great taste, ease, and elegance to any holiday meal.

One great option for infusing wild rice into your holiday meal is in the stuffing. And while there are millions of variations on it (whether you prefer yours with sausage, carrots, nuts, bacon, or extra sage), the secret ingredient that makes it truly special is wild rice. The distinctive smoky flavor of wild rice is the perfect addition to a traditional-style stuffing.

Adding wild rice to sides which accompany your holiday staples can also be a creative way to utilize the great taste of wild rice. Consider our savory *Wild Rice & Butternut Squash Skillet* to add nutritious goodness to your holiday meal. Or try one of our newest wild rice soups such as *Zesty & Creamy Italian Wild Rice Soup*.

Whatever your preference, you can be sure wild rice will add the perfect touch of nutty flavor and understated elegance to make your holiday meal an unforgettable one. Wild rice is so versatile it can be used in virtually any type of recipe. This year, try any one or all of these wild rice recipes to make your holiday meal one to remember:

Wild Rice Stuffing

Incorporate the smoky, nutty flavor of wild rice into your holiday dinner with traditional *Wild Rice Stuffing*. Bacon, onion, sage, mushrooms, sausage, and wild rice join together to create an earthy blend of flavors and the perfect accompaniment to your holiday turkey.

Wild Rice & Butternut Squash Skillet

Try *Wild Rice & Butternut Squash Skillet* to add festive color and a new way to incorporate cranberries into your holiday celebration. This rustic fall dish combines pancetta, mushrooms, butternut squash, wild rice, and dried cranberries for a perfect complement to the rest of your meal.

Zesty & Creamy Italian Wild Rice Soup

This ideal starter for your holiday meal is also one destined to become one of your new favorites. Hearty, simple, and extremely flavorful, this comforting soup blends the nutty flavor of wild rice with Italian sausage, onion, celery, and cauliflower to provide the perfect start to your holiday feast.

For even more great recipe ideas featuring the great taste of wild rice, search the world's largest wild rice recipe library for other ideas on how to make wild rice the star of your holiday meal (www.mnwildrice.org/search.php).

WILD RICE STUFFING

- 4 slices bacon, cut in 1" pieces
- 1 medium onion, chopped
- ½ lb mushrooms, sliced
- 3 ribs celery, chopped
- 3 cups cooked wild rice
- 1 tsp crushed leaf oregano
- ½ tsp crushed leaf sage
- 2 cups bread crumbs
- salt and pepper to taste
- ¼-½ cup chicken broth, optional

Preheat oven to 350°F. In large skillet, sauté bacon, onion, mushrooms, and celery; cook until bacon is crisp. Stir in wild rice, oregano, sage, and bread crumbs; adjust seasonings. Place in greased 2-qt. baking dish, cover and bake 30-40 minutes. Add chicken broth, if needed, for moisture.

Sausage Stuffing: Add ½ lb crumbled, cooked, and drained sausage. 6-8 servings.

WILD RICE & BUTTERNUT SQUASH SKILLET

- 1 large onion, chopped
- 8 cloves garlic, minced
- 4 oz pancetta, diced
- 1 tbsp canola oil
- 4 oz shiitake mushrooms, stems discarded and caps sliced
- 1 lb butternut squash, cut in ½" cubes
- ½ tsp ground turmeric
- 1½ tsp each: salt and ground black pepper
- ½ cup dried cranberries
- 3 cups cooked wild rice
- 2 tbsp chopped fresh parsley, garnish

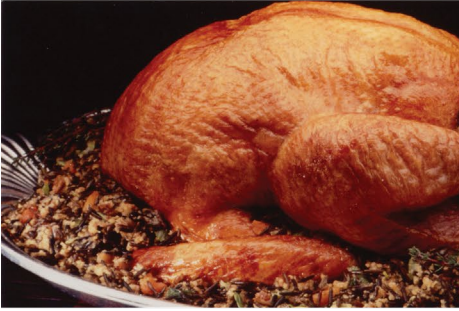
In large skillet, sauté onion, garlic, and pancetta in oil, 4 minutes. Add mushrooms, squash, and turmeric; stir often until squash is tender. Stir in remaining ingredients; heat through. Garnish. 12 servings

ZESTY & CREAMY ITALIAN WILD RICE SOUP

- ½ lb ground pork Italian sausage
- ½ medium onion, sliced
- 1 celery rib, thinly sliced
- 1 tsp canola oil
- 1 clove garlic, minced
- 1 cup water
- ½ cup chopped cauliflower
- 1 medium tomato, peeled, seeded, and diced
- 1 medium carrot, sliced
- 1 tsp kosher salt
- ½ tsp each: dried basil and dried thyme
- ¼ tsp each: dried oregano and ground black pepper
- ⅛ tsp cayenne pepper
- 1 bay leaf
- 1 cup cooked wild rice
- 2½ cups whole milk, divided
- 1 tbsp flour

In medium saucepan, stir-fry sausage, onion, and celery in oil. Add garlic; cook 1 minute. Add water, cauliflower, tomato, carrot, and seasonings; bring to a boil. Reduce heat and cover; simmer 15 minutes. Stir in wild rice and 2 cups milk. In small bowl, whisk flour into ½ cup milk; whisk into soup, stirring constantly. Bring to boil; cook until thickened, stirring constantly. Remove bay leaf. 4 servings.

Wild Rice Stuffing



Wild Rice & Butternut Squash Skillet



Zesty & Creamy Italian Wild Rice Soup



Notes to Editor:

For an electronic copy of the photos call or email our office. If emailing, please specify your preferred photo format.

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 ½ pound of wild rice. If you cannot accept the wild rice, we'd still appreciate a clipping to show our growers — ***thanks!***