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FOOD EDITORS RELEASE

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## Election Results Just In

### ***2020 “Get Wild with Wild Rice” Recipe Contest Winners Announced***

Demonstrating the versatility of wild rice, a Thai-infused chicken soup and a citrusy twist on fresh-roasted asparagus are this year’s winners of the Minnesota Cultivated Wild Rice Council’s “*Get Wild with Wild Rice Recipe Contest*.” Contestants from Utah and Wisconsin took home the cash awards in this year’s contest. Nancy Judd of Alpine, UT, won the Grand Prize with her flavorful *Thai Wild Rice Coconut Chicken Soup*, and Barb Estabrook of Appleton, WI, won the coveted People’s Choice Award with her fresh and light *Wild Rice ‘N Roasted Asparagus*.

The “*Get Wild with Wild Rice Recipe Contest*” attracts participants from all corners of the country – from Washington to Florida and from Minnesota to Texas. Recipes submitted ran the gamut from the traditional to the creative, and to the downright bizarre in the categories of appetizers, soups, salads, entrées, and sides, demonstrating both the great taste and functionality of wild rice.

Recipes went head-to-head in a taste test conducted by culinary specialists who narrowed the field to 12 finalists competing for two awards. The Grand Prize was awarded by a panel of judges headed by Chef Ken Goff and the People’s Choice Award was given to the finalist garnering the most online votes during September’s National Rice Month.

Each finalist received a “*wild*” prize pack and was recognized in the Council’s 2020-2021 recipe brochure. All contest finalists were featured on the Council’s website for a public vote to determine the People’s Choice Award.

Renowned chef Ken Goff led a panel of judges charged with the difficult task of selecting which recipe would take home the grand prize. Relying on his more than three decades-worth of culinary experience and training, Goff and the judges ultimately chose *Thai Wild Rice Coconut Chicken Soup* as the Grand Prize Winner in an extremely close contest. Goff noted *Thai Wild Rice Coconut Chicken Soup* stood out for its Asian-inspired flavor, ease of preparation, and it can be gluten-free. In what sealed the deal for the judges - it was absolutely delicious!

**Grand Prize Winner – [Thai Wild Rice Coconut Chicken Soup](#) (Nancy Judd, Alpine, UT)**

With its delicious combination of ingredients, *Thai Wild Rice Coconut Chicken Soup* marries wild rice with mushrooms, ginger, red curry paste, rotisserie chicken, baby spinach, peanuts, and lime juice for an explosion of Thai flavor – perfect as an appetizer or hearty meal.

**People’s Choice Winner – [Wild Rice ‘N Roasted Asparagus](#) (Barb Estabrook, Appleton, WI)**

*Wild Rice ‘N Roasted Asparagus* blends wild rice with fresh asparagus, crispy bacon, shallot, thyme, and a splash of fresh-roasted lemon for a savory blend of smoky flavors. It’s the perfect side to any meal - diverse enough for those special occasions, but easy enough to prepare anytime.

(The Council’s website is home to the world’s largest online wild rice recipe library. To view the recipes of any of the 2020 finalists, visit [www.mnwildrice.org/search.php](http://www.mnwildrice.org/search.php) - “Contest Finalist” category.)

Winners Announced in 2020 “Get Wild with Wild Rice” Recipe Contest (10/20-Page 2)

The Council's latest recipe brochure, *Minnesota Cultivated Wild Rice Recipes and Answers to Often Asked Questions*, features contest winning recipes and other wild rice favorites, including soups, appetizers, salads, entrées, and side dishes. To receive your free copy send a self-addressed-stamped-envelope to: Minnesota Cultivated Wild Rice Council, Newest Recipes, 4630 Churchill St #1, St. Paul, MN 55126.

### THAI WILD RICE COCONUT CHICKEN SOUP

*Nancy Judd, Alpine, UT*

- 8 oz sliced mushrooms
  - 1 cup chopped onion
  - 1 medium red bell pepper, chopped
  - 1 tbsp ginger paste
  - 3 cloves garlic, minced
  - 1 tbsp butter
  - 2 tbsp canola oil
  - 1 tbsp toasted sesame oil
  - 4 cups chicken broth
  - 1 can (13.5 oz) coconut milk
  - 1-4 tbsp Thai red curry paste, to taste
  - 1/3 cup creamy peanut butter
  - 2 tbsp fish sauce
  - 1/4 cup low sodium soy sauce
  - 3 tbsp brown sugar
  - 1 tsp lime zest
  - 1/2 tsp cayenne pepper
  - 2 1/2 cups chopped Just BARE® Deli Rotisserie Chicken – Original Flavor
  - 1 small lime, juiced
  - 3 cups fresh baby spinach leaves
  - 1/3 cup roughly chopped fresh cilantro
  - 3 cups cooked wild rice
  - 1/3 cup fresh basil, cut in thin strips, garnish
  - 1/4 cup fresh cilantro sprigs, garnish
  - 1/2 cup chopped peanuts, garnish
  - 4-5 radishes, thinly sliced, garnish
  - 6 thin slices lime, garnish
- drizzle with toasted sesame oil, garnish

In large saucepan, sauté first 5 ingredients in butter and oils until tender; stir often so garlic doesn't burn. Add broth, coconut milk, curry paste, peanut butter, fish sauce, soy sauce, brown sugar, lime zest, cayenne pepper, and chicken; stir well. Simmer 10-15 minutes; remove from heat. Stir in lime juice, spinach, and cilantro; let spinach wilt. Place wild rice in 6 bowls; ladle soup on top. Garnish. 6 servings.

### WILD RICE 'N ROASTED ASPARAGUS

*Barb Estabrook, Appleton, WI*

- canola cooking spray
- 1 lb fresh asparagus, discard ends, cut into 1" pieces, leave tops whole
- 1 large shallot, peeled, sliced, and separated into 1/2" wide rings
- 1/4 tsp each: salt, ground black pepper, and roasted garlic powder
- 3 slices bacon, cooked and chopped
- 1 tbsp canola oil
- 1/2 fresh lemon
- 1 tbsp butter
- 1/2 tbsp fresh thyme
- 1 1/2 cups cooked wild rice (warm)

Preheat oven to 425°F. Spray edged baking sheet. In large bowl, toss next 7 ingredients. Spread mixture on baking sheet; set lemon cut side down. Roast 10-12 minutes until asparagus is tender, turning halfway through. Melt butter and stir in thyme; set aside. In large bowl, combine wild rice and asparagus mixture. Squeeze 1 tsp juice from roasted lemon into butter; drizzle over rice mixture. Toss. 4 servings.

**Note to Editor:**

For a high-resolution 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 2020-2021 *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  
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**Thai Wild Rice Coconut Chicken Soup**

Credit: Minnesota Cultivated Wild Rice Council



**Wild Rice 'N Roasted Asparagus**

Credit: Minnesota Cultivated Wild Rice Council

