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FOOD EDITORS RELEASE

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## Wild Rice Recipe Contest Ends in First Ever Tie

### ***2021 “Get Wild with Wild Rice” Recipe Contest Winners Announced***

Sometimes recipes are just too good to determine a clear winner. Such is the case in the Minnesota Cultivated Wild Rice Council's 2021 “*Get Wild with Wild Rice*” recipe contest as Jamie Parchman of Harlingen, TX, with her *Wild Rice Chicken Alfredo for Two* and Pamela Gelsomini of Wrentham, MA, with her *Date Night Wild Rice Tarts* tied for the contest's Grand Prize. Donna Bardocz of Howell, MI, shared in the spotlight as the winner of the coveted People's Choice Award with her fresh and light *Creamy Lemon Chicken Wild Rice Soup*.

Delicious wild rice recipes were submitted from all corners of the country – from Washington to Florida and from Arizona to Massachusetts – in each of five all new recipe categories: *Allergen Free*, *5 Ingredients or Less*, *Healthy Eats*, *Meals for Two*, and *Other*.

Recipes went head-to-head in a taste test conducted by culinary specialists who narrowed the field to 10 finalists competing for two awards. The Grand Prize was awarded by a panel of judges headed by Ken Goff, one of the Midwest's most distinguished chefs and former culinary instructor at Le Cordon Bleu, while 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 2021-2022 recipe brochure. All contest finalists were featured on the Council's website for a public vote to determine the People's Choice Award.

Relying on his four decades-worth of culinary experience and training, Chef Goff and the panel of judges ultimately chose to award the Grand Prize to not one, but two wild rice recipes in a competition that was simply too close to call – *Wild Rice Chicken Alfredo for Two* and *Date Night Wild Rice Tarts* - both entered into the all new “*Meals for Two*” category.

While *Wild Rice Chicken Alfredo for Two* earned points for taste and ‘ease of preparation,’ Goff noted *Date Night Wild Rice Tarts* has ‘a more involved preparation, but the payoff for the effort is worth it.’ The end result was a tie, with both recipes earning Grand Prize distinction!

#### **Grand Prize Winners**

##### **[Wild Rice Chicken Alfredo for Two](#)** (*Jamie Parchman, Harlingen, TX*)

Our first Grand Prize-winning recipe puts a new twist on a familiar favorite, adding both freshness and originality. *Wild Rice Chicken Alfredo for Two* combines wild rice with tender, stir-fried chicken breast, garlic, and cream cheese for a delicious, gluten-free variation on this Italian classic.

##### **[Date Night Wild Rice Tarts](#)** (*Pamela Gelsomini, Wrentham, MA*)

Our second Grand Prize-winning recipe, *Date Night Wild Rice Tarts*, marries wild rice with bacon, cremini mushrooms, chicken breast, leeks, and Gruyère and garlic & herb cheeses baked on puff pastry for an explosion of flavor – a perfect way to impress that special someone.

## People's Choice Winner

### [Creamy Lemon Chicken Wild Rice Soup](#) (Donna Bardocz, Howell, MI)

Our People's Choice winning recipe features chicken breast, cream cheese, celery, onions, carrots, and a splash of lemon juice for a new, slightly tart way to enjoy wild rice. *Creamy Lemon Chicken Wild Rice Soup* is a light, citrusy, protein-rich meal that serves equally well as an entrée or starter.

(The Council's website is home to the world's largest online wild rice recipe library. To view the recipes of any of the 2021 finalists, visit [www.mnwildrice.org/search.php](http://www.mnwildrice.org/search.php) - "Contest Finalist" category.)

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.

#### WILD RICE CHICKEN ALFREDO FOR TWO

Jamie Parchman, Harlingen, TX

- 4 Just Bare® Chicken Breast Tenderloins, cubed
- 1 tbsp canola oil
- ½ tsp each: salt and freshly ground black pepper, divided
- 4 oz cream cheese, cubed
- 3½ tbsp butter with canola oil
- ⅔ cup whole milk
- ¾ cup shredded Parmesan cheese, divided
- 1 clove garlic, minced
- 2½ cups cooked wild rice

In large skillet, stir-fry chicken in oil; season with ¼ tsp each salt and pepper. Set aside. In same skillet, stir cream cheese and butter until cheese starts to melt. Stir in milk, ½ cup Parmesan, garlic, and remaining salt and pepper; cook, stirring constantly 3 minutes. Fold in wild rice and chicken. Sprinkle with remaining Parmesan. 2 servings.

#### DATE NIGHT WILD RICE TARTS

Pamela Gelsomini, Wrentham, MA

- 4 slices bacon, chopped into ½" pieces
- 1 cup chopped leek, white and light green parts
- 2 cloves garlic, chopped
- 1 cup cremini mushrooms, chopped
- ½ lb Just Bare® Boneless Skinless Chicken Breast Fillets, cut into bite-size pieces
- ½ tsp each: salt and ground black pepper
- 1 cup cooked wild rice
- 1 sheet frozen puff pastry, thawed
- 1 pkg (5.2 oz) garlic and herb cheese
- ⅔ cup shredded Gruyère cheese
- 1 egg yolk
- 2 tsp water
- 2 tsp chopped chives, garnish
- 2 tbsp microgreens, garnish

Preheat oven to 400°F. In large skillet, cook bacon until crispy. Add leek, garlic, and mushrooms; cook until softened. Add chicken; stir frequently until barely cooked through. Stir in salt, pepper, and wild rice. Remove from heat; cool slightly while preparing dough. Place pastry on a lightly floured surface. Using rolling pin, roll into a 11" x 13" rectangle; cut dough in half forming two 11" x 6½" rectangles. Place on large parchment paper lined baking sheet. Crumble garlic and herb cheese evenly over both; leave 1" of dough exposed around edges. Top with cooled filling; sprinkle with Gruyère. Pulling slightly, fold edges over filling leaving center exposed; pinch edges together. In small bowl, combine yolk and water; brush over dough edges. Bake 15 minutes until puffed and golden brown. Garnish. 2 servings.



### CREAMY LEMON CHICKEN WILD RICE SOUP

*Donna Bardocz, Howell, MI*

- 64 oz chicken bone broth
- 1 cup each, finely diced: carrots and celery
- ½ cup finely diced onion
- ⅛ tsp garlic powder
- ¼ cup unsalted butter, melted
- ⅛ cup cornstarch
- 1 pkg (8 oz) cream cheese, softened
- 2 cups cooked wild rice
- 2 cups cooked, cubed Just Bare® Boneless Skinless Chicken Breast Fillets
- ½ tsp each: freshly ground black pepper and sea salt
- ½ cup fresh lemon juice
- lemon slices, garnish

In a large saucepan, combine first 5 ingredients. Bring to a boil; reduce to simmer for 20 minutes. In small bowl, blend butter and cornstarch; gradually stir into soup. Simmer 10 minutes; stir frequently. Stir in cream cheese until melted. Add wild rice, chicken, pepper, salt, and lemon juice. Ladle into bowls; garnish. 8 servings.

### Wild Rice Chicken Alfredo for Two

Credit: Minnesota Cultivated Wild Rice Council



### Date Night Wild Rice Tarts

Credit: Minnesota Cultivated Wild Rice Council



### Creamy Lemon Chicken Wild Rice Soup

Credit: Minnesota Cultivated Wild Rice Council



**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 2021-2022 *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**

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