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FOOD EDITORS RELEASE

November 2025

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Wild Rice Recipes at World Food Championships

“Get Wild with Wild Rice” Recipe Contest Finalists Compete on Global Stage

From New Hampshire to North Dakota, wild rice made its way to the global stage at the World Food Championships. Two finalists from the “Get Wild with Wild Rice” recipe contest earned the opportunity to compete among some of the best cooks in the world.

Daniel Carberg of Keene, New Hampshire, received his golden ticket from the council for his Thai Chicken and Wild Rice Soup recipe. Carberg’s love for cooking started early, so early that as a child, he admits, “I used to pretend to be sick so that I could stay home from school and cook.” This year marked his fifth appearance at the World Food Championships.

When asked about his motivation to enter the contest, Carberg shared, “I absolutely love wild rice, so when I saw this recipe contest, I got very excited to enter. I’m drawn to international flavors and ingredients, particularly Thai, Indian, and Middle Eastern cuisines, and thought wild rice would be the perfect nutty chew for this spicy and comforting Thai Chicken and Wild Rice Soup.”

Carberg competed in the burger category and believes he is the only contestant to use wild rice. In the opening round, he created *The Down East Lobster Burger*, which featured wild rice. “The judges were very impressed by the flavor and texture combination, and I think it helped propel me into the finals,” Carberg said. Advancing to the finals, he crafted *The Money Burger*, a Middle Eastern inspired dish that earned him an impressive 93.8 out of 100 points, placing him fourth overall, his best finish to date.

Beyond the food, Carberg appreciated the connections made along the way. “As a college music professor of 25 years, I’ve made many meaningful connections with students. One of my former students, who now lives near Indianapolis, agreed to be my sous chef for the opening round. We hadn’t seen each other in 14 years, and it was an amazing experience to reconnect and share that opportunity.”

Reflecting on his growth as a competitor, Carberg added, “There were moments where I didn’t think we’d finish in time. I was happy with my ability to pivot, delegate, and get it done. The team next to me missed the deadline by three seconds and was disqualified. I’m trusting my timing more and more as I gain experience.”

Carberg has also made wild rice a regular part of his kitchen repertoire. “Through the recipe contest, I developed several recipes that I continue to make, especially my zucchini and wild rice fritters, which have been a hit at gatherings. The Thai Chicken and Wild Rice Soup is now a requested staple in my dinner rotation.”

Alfred Eggermont also earned a spot to compete in the junior division of the World Food Championships. Eggermont started “helping” his mom in the kitchen at just three years old, but it was during the pandemic his passion for cooking truly took off. “I started watching more cooking shows and trying new recipes,” he said. “That led my mom to post my dishes on Instagram, which eventually led to me competing on MasterChef Junior.”

The Minnesota Wild Rice contest was his first recipe competition. “I just went into the kitchen and started experimenting,” he said. “I rely on my family to taste my recipes, if my sister and dad like it, then I know I’m good to go.”

Competing at the World Food Championships was both a learning experience and a highlight. “I didn’t expect to place since I was up against kids from culinary academies and institutes. I was happy to hear one judge kept pulling my bowl back toward her even after setting it aside, and four of the bowls were empty by the end. My flavor was there; I just need to work on the fine details for next time.”

Eggermont left the competition inspired to keep pushing himself to try new ingredients and techniques. He’s already experimenting with new wild rice recipes for next year’s contest.

The Minnesota Cultivated Wild Rice Council (MCWRC) was established in 1974 to support Minnesota’s cultivated wild rice farmers. Minnesota is the world’s largest producer of wild rice, the only cereal grain native to North America. The first annual “*Get Wild with Wild Rice*” recipe contest was held in 2010 and has helped make the website home to the world’s largest online wild rice recipe library (visit mnwildrice.org) where you can all the winning recipes.

To receive a printed copy of the 2025-2026 Minnesota Cultivated Wild Rice Finalists Recipes, which contains the recipes from all the finalists, send a business-size, self-addressed, stamped-envelope to: Minnesota Cultivated Wild Rice Council, Newest Recipes, 4630 Churchill St #1, St. Paul, MN 55126.

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 some 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 2025-2026 *Minnesota Cultivated Wild Rice Recipes and Answers to Often Asked Questions* brochure. Readers should send a business size self-addressed-stamped-envelope to:

Minnesota Cultivated Wild Rice Council

Newest Recipes
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***“Get Wild with Wild Rice”* World Food Championship Finalist Recipe**

THAI CHICKEN & WILD RICE SOUP

Daniel Carberg, Roxbury, NH

- 1 small onion, chopped
- 1 small red bell pepper, chopped
- 4 tbsp canola oil
- 1½ cups chopped cauliflower
- 2 tbsp red curry paste
- 1 tsp ground ginger
- 3 cups chicken broth
- 2 Just Bare® Boneless, Skinless Chicken Breast Fillets, cooked and cubed
- 2 cups cooked wild rice
- 1 can (13.5 oz) coconut milk
- 1 tbsp salt
- sliced green onion, garnish

In large saucepan, sauté onion and bell pepper in oil, 5 minutes. Add cauliflower, curry paste, and ginger; sauté 3 minutes. Add broth; simmer 8 minutes. Add remaining ingredients (except garnish); heat through. Garnish. 6 servings.

***“Get Wild with Wild Rice”* World Food Championship Finalist Recipe**

ITALIAN SAUSAGE & WILD RICE SOUP

Alfred Eggermont, Binford, ND

- 1 lb. ground Italian sausage
- ½ medium onion, diced
- 1 tsp minced garlic
- 4 cups chicken broth
- 4 small potatoes, cubed
- 2 cups cooked wild rice
- 1 cup frozen mixed vegetables
- 1 tsp Italian seasoning
- 2 ½ cups half and half
- salt and ground black pepper, to taste

In large skillet, brown sausage, onion, and garlic; drain excess fat and set meat mixture aside. In large saucepan, add broth and potatoes. Bring to boil; simmer 10 minutes. Stir in meat mixture, wild rice, vegetables, and seasoning. Stir in half and half; simmer 15 minutes. Add salt and pepper. 8 servings.