



MINNESOTA CULTIVATED WILD RICE

*Enhance your menu with the rich nutty flavor of wild rice –
a gluten-free, nutrient-rich, versatile ingredient*



World's largest wild rice recipe library:
mnwildrice.org/search.php

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Discover the Benefits of Wild Rice!

As a foodservice expert, you are naturally concerned about offering delectable menu options while keeping an eye on your profit margins. Satisfy your customers by offering wild rice – it will add flair to your menu and profits to your bottom line!

Wild rice is in greater supply and more affordable than ever due to today's cultivation process. Harvesting methods produce a clean and consistent product.

Wild rice offers value-added potential and customer appeal, making it a choice menu item for your foodservice establishment. Its versatility and convenience offers the opportunity to feature wild rice in a variety of recipes while respecting labor costs and budget constraints. After discovering the benefits, you will understand why wild rice has become the grain of choice!



Wild Rice: As Rich as its History

Hand Harvested Wild Rice

Wild rice is grown in the pristine lakebed shallows and lush vegetation of America's wetlands. For the Ojibwe, a band of Native Americans, this sacred rice has been harvested in the same way for thousands of years and plays an integral role in the Ojibwe life. Celebrating the harvest of this precious grain each fall continues to be a ritual practiced by many, whose method of harvesting by hand remains unchanged. The harvest requires two individuals, a long pole, and two knocking sticks. The pole is used to navigate and push the canoe through the wild rice beds. Rice plants are bent over into the canoe and hit with the knockers allowing the grains of rice to gather in the hull of the canoe.

Cultivated Wild Rice

Minnesota is proud to be the world's first producer of cultivated wild rice, providing the world's largest supply of both hand harvested wild rice and cultivated wild rice. Cultivated wild rice is a relatively "young" industry. The first paddies were developed in the early 1950's. The early years met with many trials and tribulations experimenting with growing techniques and modifying harvesting machinery. Combines are now used to harvest wild rice from drained paddies. Minnesota harvests between 7 and 12 million pounds of cultivated wild rice each year. Cultivated wild rice uses sustainable farming practices with water conservation and soil management. The paddies play an important role in wildlife management, offering hundreds of species wetland habitat.



Hand harvesting wild rice.



Cultivating wild rice.

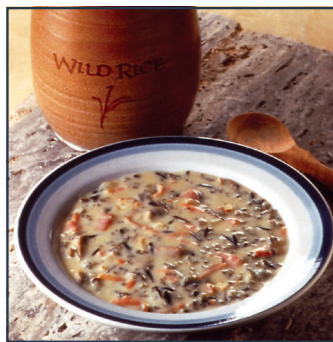
Versatile Menu Item

Wild rice is simple to prepare and offers gourmet flair. Create a rich and creamy soup, fresh and tasty salad, savory stuffing, or satisfying casserole and your customers are sure to keep coming back for more.

Wild rice is a unique specialty food item offering a notably distinct flavor. Its versatility shines through when featured in appetizers, soups, salads, breads, sides, entrées, and even desserts (as well as gamebird stuffings). For unique menu options, try making your

own wild rice pasta or fish/seafood wild rice breading. Customers desire food quality, value, and menu variety from foodservice establishments – wild rice offers it all!

Innovative chefs use wild rice as a low cost alternative to pasta, potatoes, and other grains, adding gourmet flair and great taste to their menus. Wild rice also adds value when featured in pilafs and blends. Because wild rice melds with a variety of herbs and spices from savory to sweet, the possibilities are endless.



Long Shelf Life

Wild rice is virtually nonperishable. Stored under clean, dry conditions, uncooked wild rice has a shelf life of up to 10 years. Cooked wild rice will keep one week under refrigerated conditions and up to six months under frozen conditions.

Flavorful

Unique! Wild rice has a lightly roasted, nutlike flavor providing a unique taste alternative to other starches.

No Waste, No Additives

The entire wild rice kernel is cooked and consumed, translating into no food-cost loss. Wild rice contains no additives and no preservatives – a good choice for today's healthy eating!

Enhanced Profit Margins

At \$6.00 per pound, wild rice costs less than 38¢ per serving! Wild rice has a unique gourmet appeal and its low cost per serving adds value to any menu. Stretch your budget even further by using wild rice with other low cost ingredients, adding value to menu items such as soups, salads, and ground meat mixtures. Turn yesterday's chicken into today's wild rice chicken soup or chicken wild rice cheddar omelettes. With its gourmet appeal, wild rice will turn those costly "leftovers" into premium price-setters.

Blends are a great menu item resulting in increased profits. Wild rice, when blended with other grains and varietal rices, creates a medley offering great texture, taste, and eye appeal. Blending wild rice stretches the most cost-conscious budget while satisfying even the most discriminating customer.

Ease of Preparation

Cultivated wild rice is easy to prepare. It can be cooked on a stove top, in a steam-jacketed kettle, or in the oven.

Stove top: Add 1 pound of wild rice to 2 quarts of boiling water. Cover, reduce heat, and simmer 30-60 minutes, until kernels just start to open. Drain any excess liquid. If you use a consistent supplier, you will define your preferred cook time and water content. The texture of cooked wild rice is a matter of personal preference. Intended use is also a factor.

Steamer: Add 1 pound of wild rice to 2 quarts of water in 12" x 10" shallow steamer pan. Place pan, uncovered, in steamer. Steam 30-50 minutes or until kernels just start to open. Cooking time may vary with type of steamer.

Oven: Preheat oven to 400°F. Add 1 pound of wild rice to 2 quarts of water in 12" x 10" shallow steamer pan. Cover and place in oven. Bake 30-50 minutes or until kernels just start to open.

Check it!

Wild Rice has several degrees of doneness. The larger and darker the grain, the longer the cook time. The best way to tell if it's done is to check it! If it's not tender enough, cook longer.

Under Cooked – Straight grains. Hard in center. Crunchy to chew. Not ready.

Just Right – Grains are swollen. Most grains have split to reveal a white center. Tender yet chewy texture. Perfect for salads, stir-fries, and casseroles.

Well-Cooked – All grains are split wide open and have a soft texture. Ideal for muffins, pancakes, and other baked goods.

Tips – For chewier texture, reduce cook time. For softer rice, cook a few minutes longer. For well-cooked rice, let sit in cooking water for a few minutes longer before draining. For extra flavor, cook in broth, wine, or juice.



Economize Your Time While Increasing Your Profit

To save costly input time, streamline wild rice preparation. Wild rice can be turned into a convenience ingredient by cooking large quantities during idle staff time and stored with no loss of flavor, nutrients, texture, or eye appeal. Storage options:

- Drain well and refrigerate up to 1 week.
- Drain well and freeze up to 6 months (freeze in quantities of common use).

Volume Increase

A little makes a lot! One pound of uncooked wild rice will yield 8-10½ cups cooked – that's a triple to quadruple yield factor! When purchasing wild rice, be sure to account for this substantial volume increase.

Get Wild with Beef

Wild rice ground beef mixtures have customer appeal, presenting gourmet flair and health benefits. Exciting new combinations of lean ground beef and cooked wild rice provide a wild value-added twist to burgers, meatloaf, and meatballs. Enhance your profit margins by offering your customers something unique.

A food service research project found adding cooked wild rice to ground beef yields a better burger with less fat. Highlights of the research showed the following advantages:

- Taste testers preferred the wild rice/ground beef combinations over plain ground beef. Wild rice added to lean ground beef creates a juicer, more flavorful burger.
- Cooking yield of the wild rice/ground beef combinations is increased, wild rice helps hold in the moisture of the ground beef, minimizing shrinkage during cooking.
- The addition of wild rice to ground beef helps maintain better flavor during storage. The study found naturally occurring antioxidants in wild rice help prevent off-flavors which sometimes develop from prolonged freezer storage of ground beef.

Wild Rice + Ground Beef = Profit

The Grain of Choice ... an Affordable Menu Option!

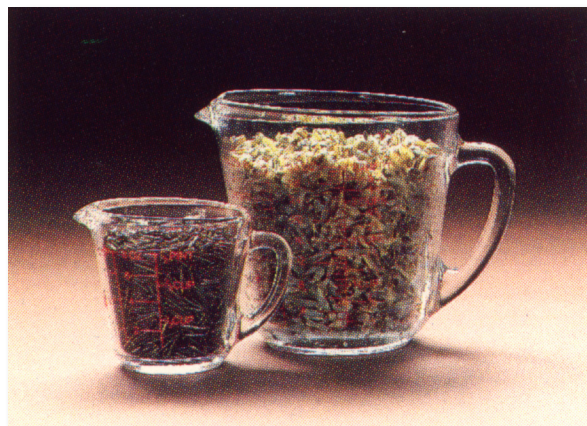
A little makes a lot!

1 pound wild rice=

8-10 cups cooked=

16-20 half-cup servings!

Wild rice has a toasty, nutty flavor. The unique qualities of wild rice has earned it the reputation as the "caviar of grains™."



Discover the benefits of wild rice...develop a signature wild rice dish!

Wild Rice is a Superfood

The increasing focus on plant-based eating, clean labels, ingredient origin, sustainable food production, and nutritional benefits, is creating demand for healthier menu options.

Among the multitude of options available, restaurants offering wild rice have a strong card to play as wild rice checks all of the boxes. It is a wholegrain and can be used in a variety of recipes creating added value.

Minnesota cultivated wild rice production systems are sustainable, as there is no damage to air, water, land, soil, or forests.

Nutritional Benefits

Wild rice is a wholegrain, suitable for gluten-free diets and is low in calories. It is high in dietary fiber and essential nutrients, such as phosphorus (can help strengthen bones) and magnesium (can help boost energy levels). Cooked wild rice has 33% fewer calories than brown rice and packs 18% more protein. It is also a source of potassium and zinc, and is rich in antioxidants. Wild rice can contain as much as 30 times the antioxidants of white rice, helping protect the body from disease. It also contains vitamins A and E, which are believed to enhance the body's immune system.

Wild Rice
33% Fewer
Calories

Nutrients Based on ½ cup serving (cooked)	Wild Rice	Enriched White Rice (long grain)	Brown Rice (long grain)
Calories	83	103	124
Protein, g	3.27	2.13	2.77
Fat, g	0.28	0.22	0.98
Dietary Fiber, g	1.50	0.30	1.60
Total Carbohydrate, g	17.50	22.25	25.84
Minerals			
Phosphorus, mg	67.00	34.00	104.00
Iron, mg	0.49	0.95	0.57
Magnesium, mg	26.25	9.5	39.4
Manganese, mg	0.23	0.37	0.99
Potassium, mg	83.00	28.00	87.00
Zinc, mg	1.10	0.39	0.72
Vitamins			
Riboflavin, mg	0.07	0.01	0.07
Niacin, mg	1.06	1.17	2.59
Vitamin A, mg	0.74	0.00	0.00
Vitamin B6, mg	0.11	0.07	0.12
Vitamin E, mg	0.20	0.03	0.17

Source: USDA National Nutrient Database for Standard Reference, Legacy Release (2018).

- ✓ **GMO Free**
- ✓ **Ancient Grain**
- ✓ **Gluten Free**
- ✓ **Rich in Antioxidants**
- ✓ **Whole Grain**
- ✓ **Plant Protein**
- ✓ **Low In Calories**
- ✓ **Nutrient-Dense**



Nutrients Based on ½ cup serving (cooked)	Wild Rice	Enriched White Rice (long grain)	Brown Rice (long grain)
Protein, g	3.27	2.13	2.77

Source: USDA National Nutrient Database for Standard Reference, Legacy Release (2018).

- 9 Essential Amino Acids
- Meat Extender
- Good for Vegan & Flexitarian Diets

Turn Wild Rice Into a Convenience Ingredient

Cook large quantities during idle staff time and store with no loss of flavor, nutrients, texture, or eye appeal. Store cooked, drained wild rice up to 1 week in the refrigerator or up to 6 months in the freezer. **The following recipes call for cooked wild rice.**

Wild Rice Cooking Instructions

Stove top: Add 1 pound of wild rice to 2 quarts of boiling water. Cover, reduce heat, and simmer 30-60 minutes, until kernels just start to open. Drain any excess liquid. If you use a consistent supplier, you will define your preferred cook time and water content. The texture of cooked wild rice is a matter of personal preference. Intended use is also a factor.

Steamer: Add 1 pound of wild rice to 2 quarts of water in 12" x 10" shallow steamer pan. Place pan, uncovered, in steamer. Steam 30-50 minutes or until kernels just start to open. Cooking time may vary with type of steamer.

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Thai Beef & Wild Rice Lettuce Wraps

Yield: 24-32 appetizers

INGREDIENTS	WEIGHT	PROCEDURE
Extra lean ground beef Dark or toasted sesame oil Salt and pepper, to taste	1 lb 2 tsp	In large skillet, brown beef in oil, season with salt and pepper. Drain; set aside.
Cole slaw mix Green onions, sliced diagonally Small red bell pepper, thinly julienned Minced fresh cilantro Cooked wild rice Stir Fry Sauce Slivered almonds, toasted Crushed dried chili pepper flakes	1 lb 3 1 ½ cup 4 cups ¾ cup ½ cup ¼ tsp	Combine in large bowl. Stir in beef.
Butter lettuce leaves	24-32	Wash and dry. Serve with beef mixture, allowing customers to fill their own.



Wild Rice Multi-Grain Bread

Yield: 12 loaves (approx. 31 oz each) **Oven:** 375°F **Bake:** 30 - 35 minutes

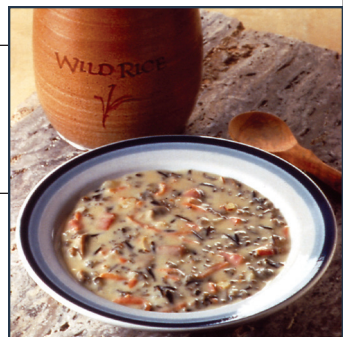
INGREDIENTS	WEIGHT	PROCEDURE
SAF/Instant Yeast Water (110°F) Milk, scalded, cool to 110°F Butter, melted Salt Honey Uncooked rolled oats Rye flour Whole wheat flour Bread flour Well-cooked wild rice	1¼ oz 14 oz 9½ cups 4¼ oz 2½ oz 1 lb 12 oz 10 oz 12½ oz 4 lb 6 oz 7 lb 8 oz 6¼ cups	Combine in 40 quart bowl, mix 8 minutes, until thoroughly combined. Place bowl in proof box until double in size. Divide dough into 1 lb 15 oz loaves and place in 1 pound pans (<i>may also be shaped into mini loaves or bread sticks</i>). Place loaf pans in proof box until double in size.
Eggs, beaten Sunflower seeds	10 oz 15 oz	Slash top of loaves. Brush with egg wash. Sprinkle seeds over top and bake.



Creamy Wild Rice Soup


Yield: 24 servings (approx. 8 oz each)

INGREDIENTS	WEIGHT	PROCEDURE
Butter or margarine Chopped onion Grated carrot	8 oz 12 oz 12 oz	In steam jacketed kettle or large kettle, melt butter over medium heat. Sauté onion and carrots 5 minutes or until slightly tender.
All-purpose flour Chicken broth Cooked wild rice Salt White pepper	9 oz 3 quarts 9 cups 1 tsp 1 tsp	Stir in flour; cook 1 minute. Gradually add broth; cook, stirring constantly, until mixture boils and is thick. Stir in wild rice, salt and pepper. Reduce heat to low.
Cubed ham Slivered almonds Half and half Dry sherry or additional broth Garnish: fresh parsley	2 cups 1 cup 1 quart 1 cup	Add ham and almonds. Stir in cream and sherry; cook, stirring constantly until heated through. Garnish with parsley.




Wild Rice Cranberry Salad

Yield: 40 servings (approx. 5 oz each)

INGREDIENTS	WEIGHT	PROCEDURE	
Cooked wild rice Chopped green pepper Sliced celery Sliced green onions Chopped fresh parsley Dried cranberries	16 cups 1½ cups 2 cups 1 cup 1 cup 2 cups	In large bowl, combine wild rice with vegetables and cranberries; mix well.	
Cranberry juice White vinegar Olive oil Basil Sugar Salt	3 cups 2 cups ¼ cup 1 tbsp 1 tbsp 2 tsp	Combine all dressing ingredients; blend well. Fold into salad; chill.	

Spring Pilaf with Pancetta


Yield: 24 servings (1 cup rice mixture; 1/4 cup pancetta)

INGREDIENTS	WEIGHT	PROCEDURE	
Chicken stock, unsalted Whole milk Butter, unsalted Salt	3 quarts 6 cups 1½ cups 2 tbsp	In a tilt skillet, combine chicken stock, milk, butter, and salt. Cook over medium-high heat for 3 to 5 minutes or until butter is melted.	
Kale, stemmed, chopped Cooked wild rice Cooked quinoa Fresh lemon juice	3 quarts 12 cups 6 cups 1 cup	Add kale, rice, quinoa, and lemon juice. Cook for an additional 5 to 7 minutes or until grains absorb cooking liquid.	
Frozen peas	6 cups	Gently fold in peas, and transfer to heated bowl.	
Cooked pancetta, chopped	6 cups	To make 1 portion: Scoop 1 cup of the mixture into a heated bowl, and top with ¼ cup pancetta.	

Recipe from USA Rice

Minnesota Gourmet Burgers

Yield: 15 pounds **Portions:** 55-60, 4 oz burgers

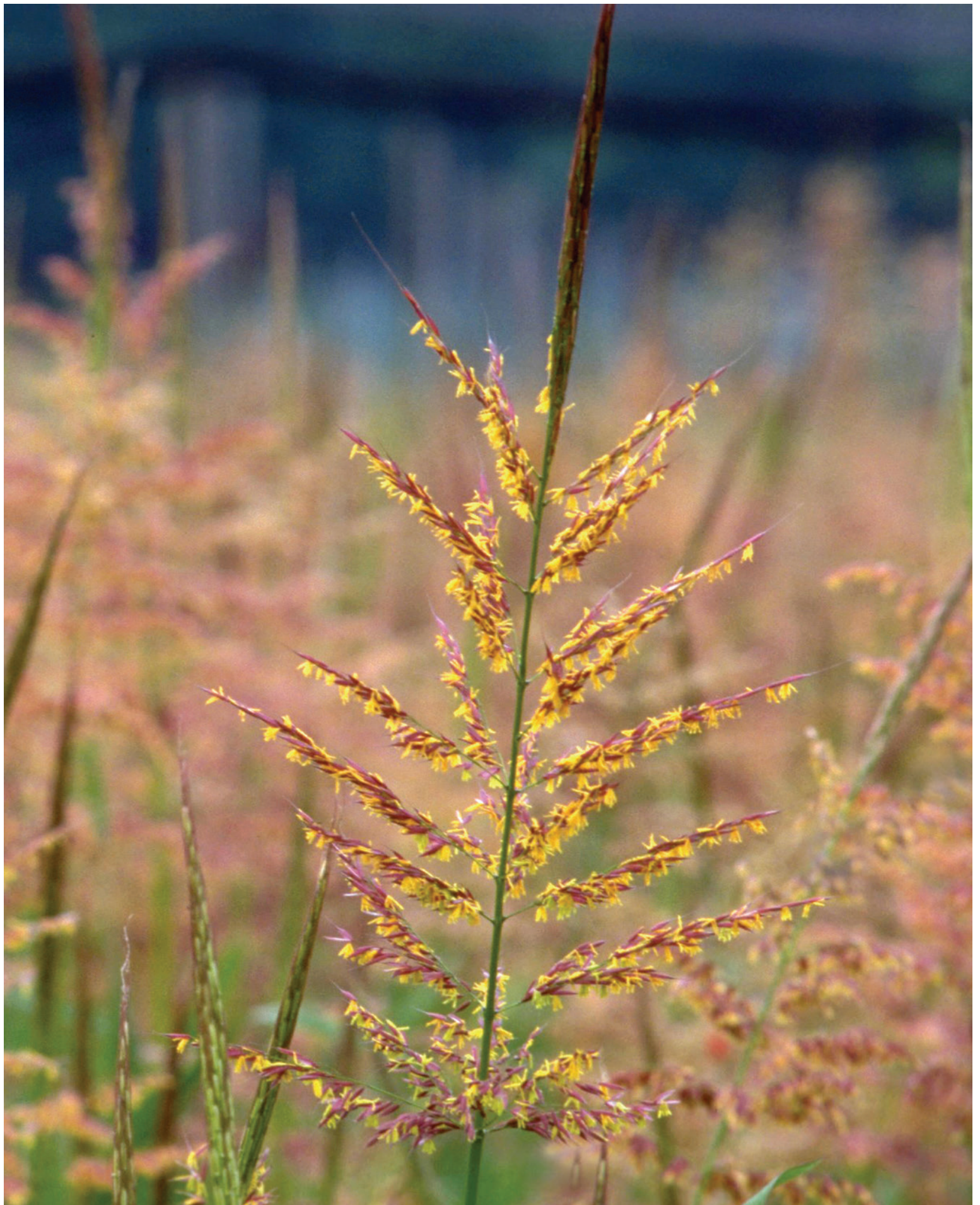
INGREDIENTS	WEIGHT	PROCEDURE	
80% Lean Ground Beef Well-cooked wild rice, chilled Salt	12 lbs 10 cups ½ oz	Place ground beef in mixer. With mixer on, add wild rice; add salt. Mix 2 minutes or until wild rice is uniformly distributed throughout the mixture. Form mixture into 4-ounce burgers. <i>Mixture can also be made into meatloaf or meatballs.</i>	

Northwoods Buttermilk Cake

Yield: 12 portions **Oven:** 325°F **Bake:** 30 - 45 minutes

INGREDIENTS	WEIGHT	PROCEDURE
Whole wheat flour All-purpose flour Baking soda Salt Nutmeg	4 oz 8 oz 2 tsp ½ tsp ½ tsp	Grease and lightly flour 12-cup Bundt pan or 13" x 9" baking pan. In medium bowl, combine dry ingredients; mix well.
Butter or margarine Packed brown sugar Vanilla Eggs Vegetable oil Applesauce Buttermilk Well-cooked wild rice, chopped	8 oz 1 cup 1 tsp 5 2 oz 2½ oz 8 oz 3 cups	In large mixing bowl, beat butter 30 seconds. Add brown sugar and vanilla; beat until fluffy. Add eggs, 1 at a time, beating 1 minute after each (batter will look curdled). Add oil and applesauce, blending well. Add dry ingredients and buttermilk alternately to mixture, blending well. Stir in wild rice. Turn into prepared pan. Bake 30-45 minutes or until toothpick inserted in center comes out clean. Cool in pan 15 minutes. Remove from pan; cool on wire rack. Frost with sour cream frosting, whipped cream, or caramel sauce.

Note: Wild rice has a tendency to harden when combined with sweeteners. To help prevent this, use well-cooked and chopped wild rice. Sweetened recipes are best when served within 24 hours.



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