

Entrees

Steak & Avocado Chimichurri Wild Rice

Veronica Callaghan - Glastonbury, CT

- 1½ cups cooked wild rice (warm)
- 1 avocado, diced
- 1½ lbs New York strip steak
- 1 tsp kosher salt
- 1 tbsp each: canola oil and butter
- salt to taste

Chimichurri Sauce (blend in food processor), divided:

- 1 shallot, chopped
- 1 clove garlic, minced
- ¼ cup each, coarsely chopped: flat leaf parsley and cilantro
- ¼ tsp dried oregano
- zest and juice from 1 lime
- 1 jalapeno, coarsely chopped
- 1 tbsp each: red wine vinegar and water
- ¼ cup canola oil
- ½ tsp kosher salt

Preheat oven to 400°F. In medium bowl, combine wild rice, avocado, and half of the sauce; set aside. Season steak with salt. In large skillet, fry steak in oil and butter, 2 minutes each side. In last 30 seconds, using tongs, sear sides of steak. Put skillet in oven; cook 4 minutes. Remove; baste with liquid from skillet. Place steaks on cutting board; rest 8 minutes. Cut into ¼" thick slices. Spoon rice mixture onto plates; top with steak. Drizzle with remaining sauce; top with salt. 4 servings.

Beef & Shiitake Wild Rice Umami Stir Fry

Pamela Gelsomini - Wrentham, MA

- ½ lb beef sirloin, cut into very thin strips across the grain
- 5 tbsp canola oil, divided
- ¼ tsp salt
- 1 small onion, chopped
- 8 cloves garlic, minced
- ½ cup finely chopped carrots
- ½ lb shiitake mushrooms, stems discarded and caps sliced
- ¼ cup dry sherry
- 3 eggs
- 3 cups cooked wild rice
- 2 tbsp soy sauce
- ¼ cup oyster sauce
- ½ tsp ground black pepper
- 1 cup pea pods, packed
- 1½ cups bean sprouts, packed
- ½ cup chopped scallions

In large skillet, stir-fry sirloin in 3 tbsp oil; season with salt. Remove; set aside. In drippings, sauté onion and garlic, 2 minutes. Stir in carrots and mushrooms; cook 5 minutes. Stir in sherry until absorbed; push to side of skillet. Add remaining oil to open side. Scramble eggs until mostly cooked; toss with mushroom mixture. Stir in sirloin, wild rice, soy sauce, oyster sauce, pepper, and pea pods; cook 3 minutes. Add sprouts and scallions just before serving; toss. 4 servings.

Minimum Internal Meat Temperature Guide

Beef Steak/Pork Chops	145°F; allow 3 min. rest
Ground Beef/Pork	160°F
All Poultry	165°F

Color is not an indication of doneness. To measure temperature, insert a meat thermometer into thickest portion of meat.
Source: USDA, Food Safety Information (May 2020)

Side

Wild Rice & Butternut Squash Skillet

Pamela Gelsomini - Wrentham, MA

- 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.

For entree: add 1½ lbs pork loin chops, cooked and cubed (6-8 servings).

Dessert & Snack

'Popped' Espresso Mocha Pillow Crisps

Laura Kurella - Wellston, MI

- 1 cup well-cooked wild rice
- canola oil for deep frying
- ¼ tsp cinnamon
- 1 tsp espresso powder
- 1 cup semi-sweet mini chocolate chips
- ½ tsp each: vegetable shortening and sea salt
- 12 regular marshmallows, cut in half to form 2 narrow circles
- 24 long toothpicks

Preheat oven to 250°F. On large parchment-lined rimmed baking sheet, spread wild rice. Bake 2 hours or until completely dry; toss occasionally. Place in bowl. In high-sided frying pan, heat ~2" oil to 370°F. In batches, use mesh spoon to lower wild rice into oil until it pops and floats to the top, ~15 seconds. Remove; place on paper towel. Repeat. In medium bowl, toss popped wild rice, cinnamon, and espresso powder; set aside. In small bowl, microwave chocolate chips, shortening, and salt in 15-second increments; stir until completely melted. Put toothpick in each marshmallow; coat in chocolate. Press all sides into wild rice; set on parchment-lined serving dish. Chill until serving. 6 servings.

Note: popped wild rice is an excellent snack on its own. Just toss with your favorite seasoning (i.e., garlic salt, sea salt, ground black pepper).

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
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 E, mg	0.20	0.03	0.17

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

Answers to Frequently Asked Questions About...

WildRice

Is wild rice nutritious?

Yes, wild rice is nutritious! It's a high-fiber complex carbohydrate, high in quality protein and low in fat, with only 83 calories per half-cup serving.

Does wild rice volume increase when cooked?

1 cup uncooked wild rice = 3-4 cups cooked wild rice... that's 6-8 servings from just one cup uncooked wild rice!

Is wild rice expensive?

At \$6 per pound, it's less than 38¢ per serving!

How long can I keep wild rice?

Uncooked wild rice keeps up to 5 years in an airtight container. Cooked wild rice (plain) keeps 1 week when refrigerated. Drain well; store in airtight container.

Can I freeze wild rice?

ABSOLUTELY – cooking and freezing ahead of time turns wild rice into a convenience food! Cooked wild rice (plain) will keep about 6 months in your freezer. Drain well; store in airtight containers. To use, thaw in refrigerator overnight or microwave on "defrost" setting for a few minutes.

How do I prepare wild rice?

Wild rice is easy to prepare! Add 1 cup uncooked cultivated wild rice to 3-4 cups boiling water. Return to boil; stir. Cover and simmer 30-60 minutes or until kernels begin to open. Drain any excess liquid. After cooking with wild rice you will define your preferred cook time and water content – texture of wild rice is a personal preference. For a chewier texture, cook for less time. For a tender, fluffier texture, cook longer.

Can I use wild rice in sweetened recipes?

Wild rice has a tendency to revert back to hard kernels when combined with sweeteners. Using well-cooked and chopped wild rice helps prevent this. Sweetened recipes are best when served within 24 hours.

Is there a difference in cooking characteristics or nutritional value of wild rice grown in paddies compared to that grown in lakes and rivers?

When identically processed there are no differences. Various harvesting and processing methods cause a greater variation in the kernel than the source of production.

Facts!

1. Wild rice is the only cereal grain native to North America.
2. Wild rice is Minnesota's official state grain.
3. Minnesota is proud to be one of the world's largest producers of cultivated wild rice, producing 7-12 million pounds annually.
4. Cultivated wild rice paddies provide a great habitat for waterfowl and other wildlife.
5. Wild rice is gluten-free.



MINNESOTA WILD RICE

Recipes & Answers to Frequently Asked Questions

2022-2023 Edition

Minnesota Cultivated Wild Rice Council
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St. Paul, MN 55126

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www.mnwildrice.org

Soups

Zesty & Creamy Italian Wild Rice Soup

Anne Lauer - Hugo, MN

- 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.

Chimichurri, Wild Rice, & Chorizo Soup

Adrienne Vradenburg - Bakersfield, CA

- 8 oz flank steak, cut into bite-size pieces
- 3 tbsp canola oil
- 8 oz pork chorizo
- 1 shallot, finely chopped
- 2 serrano chili peppers, seeded and finely chopped
- 1 poblano pepper, seeded and finely chopped
- ½ cup diced red onion
- 3 cloves garlic, minced
- 1½ tsp kosher salt
- 2 tbsp freshly squeezed lime juice
- 1 tbsp spicy honey
- 1 tbsp dried oregano
- 1 tsp cumin
- 3 cups cooked wild rice
- 2 cups water
- 1½ tsp tomato bouillon
- ½ cup finely chopped flat leaf parsley
- 1 cup half and half

Chimichurri Garnish (whisk together; rest 10 minutes):

- ¼ cup canola oil
- 2 tbsp red wine vinegar
- ¼ cup each, finely chopped: flat leaf parsley and cilantro
- 2 cloves garlic, minced
- 1 serrano chili pepper, finely chopped
- ¼ tsp dried oregano
- ½ tsp kosher salt
- 1 tbsp freshly squeezed lime juice

In large saucepan, stir-fry steak in oil, 2 minutes. Add chorizo, shallots, peppers, onion, garlic, and salt; cook 5 minutes. Stir in lime juice, honey, oregano, cumin, wild rice, water, and bouillon; simmer 10 minutes. Stir in parsley and half and half; simmer 5 minutes. Garnish. 6-8 servings.

Wild Rice Stuffed Cabbage Soup

Lisa Keys - Kennett Square, PA

- 1 lb lean ground beef
- 1 tsp each: kosher salt and smoked paprika
- 2 tbsp canola oil
- 2 cloves garlic, minced
- 1 shallot, chopped
- 1 carrot, peeled and grated
- 3 large Roma tomatoes, seeded and chopped
- 2 tbsp dark brown sugar
- 4 cups tomato juice
- 2 cups water
- 3 tsp beef soup base
- 1 tbsp fresh lemon juice
- 2 cups cooked wild rice
- ½ small head green cabbage, cored and thinly sliced
- ½ tsp ground black pepper
- 2 tbsp chopped flat leaf parsley
- sour cream, garnish

In large saucepan, stir-fry beef, salt, and paprika in oil. Add garlic, shallot, and carrot; cook 2 minutes. Stir in tomatoes and brown sugar; cook 2 minutes. Stir in tomato juice, water, and soup base; bring to boil. Reduce heat and cover; simmer 15 minutes. Add lemon juice, wild rice, cabbage, and pepper; cook until cabbage is tender. Stir in parsley. Garnish. 8 servings.

Border Wild Rice & Pollo Sopa

Sharyn LaPointe Hill - Las Cruces, NM

- ½ cup chopped onion
- 3 cloves garlic, minced
- 6 medium tomatillos, husked, rinsed, cored, and chopped
- 2 large poblano peppers, seeded and chopped
- 3 tbsp canola oil
- 4 cups chicken broth
- 3 cups cooked, shredded Just Bare® Boneless Skinless Chicken Breast Fillets
- 2 cans (10 oz ea) diced tomatoes with lime juice and cilantro
- 1 can (15 oz) black beans, drained and rinsed
- 1 tsp chile lime seasoning
- 1½ tsp each: ground cumin and dried Mexican oregano
- ⅓ cup freshly squeezed lime juice
- 1 tsp each: salt and ground black pepper
- 3 cups cooked wild rice
- 2 cups shredded pepper jack cheese
- ¼ cup chopped fresh cilantro
- lime wedges, sour cream, and fresh cilantro leaves, garnish

In large saucepan, sauté onion, garlic, tomatillos, and poblanos in oil, 3-4 minutes. Add broth, chicken, tomatoes, beans, chile lime seasoning, cumin, oregano, lime juice, salt, and pepper; bring to boil. Reduce heat. Add wild rice; stir in cheese until melted. Stir in cilantro. Garnish. 6 servings.

Looking for Classic Creamy Wild Rice Soup recipe? Visit mnwildrice.org/search.php

September is National Rice Month!

“Get Wild with Wild Rice” Recipe Contest

Fourteen finalists are featured in this brochure (green font). Visit mnwildrice.org in September to vote for your favorite & search our wild rice recipe library!

Join the next contest... send your contact information to wr@mnwildrice.org or visit MN Cultivated Wild Rice Council on Facebook, Twitter, Instagram, or Pinterest.

Appetizer

Wild Rice Reuben Egg Rolls

Frank Millard - Edgerton, WI

Egg Rolls:

- 3 cups cooked wild rice
- ½ lb each, finely diced: deli corned beef and swiss cheese
- 1 can (14 oz) sauerkraut, well drained
- 1 pkg (15 ct) egg roll wrappers
- canola oil for deep frying

Dipping Sauce (whisk together; chill):

- 1 tbsp finely chopped onion, mashed into paste
- 1 cup mayonnaise
- ¼ cup chili sauce
- 4 tsp prepared horseradish
- 1 tsp each: hot sauce and Worcestershire sauce
- ¼ tsp each: smoked paprika and fine sea salt

In large bowl, combine first 4 ingredients; mix well. Put a wrapper on work surface with corner facing you. Place 3-4 tbsp of wild rice mixture onto center of wrapper; roll, tucking side corners in as you roll. Dab water on top corner of wrapper to hold together. Repeat. In high-sided frying pan, heat ~2" oil to 350°F. Using tongs, place 4-5 egg rolls in oil; cook 2 minutes. Turn; cook 2 minutes. Remove; place on wire rack with paper towels beneath. Repeat with remaining egg rolls. Serve with sauce. 8 servings.

Salads

Musubi Pork Wild Rice Lettuce Wrap Salad

Brenda Watts - Gaffney, SC

- 3 cups cooked wild rice
- 1 lb boneless pork tenderloin, cooked and cut into bite-size pieces
- 1 cup pineapple tidbits (from 20 oz can, reserve juice)
- 4 large eggs, scrambled, separated into bite-size pieces
- 1 small red onion, diced
- 3 mini sweet red peppers, seeded and diced
- 6 large butter lettuce leaves

Dressing (whisk together; chill):

- ⅓ cup reserved pineapple juice
- 3 tbsp mango preserves
- 2 tbsp soy sauce
- 1 tbsp canola oil
- 1 tsp rice vinegar

In large bowl, combine ingredients except lettuce. Add dressing; toss. Divide salad over lettuce leaves. 6 servings.

Italian Grinder Style Wild Rice Salad

Lauren Wyler - Dripping Springs, TX

- 2 cups cooked wild rice
- ½ cup each, diced: ham and provolone cheese
- ½ cup halved cherry tomatoes
- 3 tbsp chopped pickled banana peppers
- ¼ cup diced red onion

Dressing (whisk together; chill):

- ½ cup bottled Italian vinaigrette
- ½ tsp each: crushed red pepper and dried oregano
- 1 tbsp mayonnaise

In large bowl, combine ingredients. Add dressing; toss. 2 servings.

Note: may be placed on bed of shredded lettuce.

Watermelon Feta Wild Rice Salad

Sarah Meuser - New Milford, CT

- 3 cups cooked wild rice
- 3½ cups diced seedless watermelon
- 3 cups diced English cucumber
- 4 oz crumbled feta cheese (reserving 2 tbsp for garnish)
- 2 tsp freshly grated lime zest
- 1 tbsp chopped fresh mint
- fresh mint leaves and reserved feta, garnish

Dressing (whisk together; chill):

- 3 tbsp freshly squeezed lime juice
- 1 tbsp honey
- ¼ tsp each: freshly ground black pepper and salt
- ¼ cup canola oil

In large bowl, combine ingredients. Add dressing; toss. Cover; refrigerate 30 minutes before serving. Garnish. 6 servings.

Mexican Street Corn Wild Rice Salad

Natalie Yarbrough - Minnetonka, MN

- 1 10 oz pkg frozen roasted corn, thawed
- 1 cup shredded Just Bare® Deli Rotisserie Chicken - Original Flavor
- 2 cups cooked wild rice
- 1 cup crumbled cotija cheese
- ½ cup each, diced: green, red, and yellow bell peppers
- 1 avocado, diced
- ¼ cup diced red onion
- ½ cup diced fresh tomato

Dressing (blend in food processor):

- 2 avocados, diced
- ½ cup mayonnaise
- ⅓ cup freshly squeezed lime juice
- 1 tsp chili powder
- 2 tbsp each: rice vinegar and canola oil
- 1 tbsp honey
- 1 tsp minced garlic

In large bowl, combine ingredients. Add dressing; toss. 6 servings.

Beet & Wild Rice Salad

Cheyenne Broughton - Minneapolis, MN

- 2 cups cooked wild rice
- 2 Just Bare® Boneless Skinless Chicken Thighs, cooked and cubed
- 1 tsp each: kosher salt and freshly ground black pepper
- 1 pkg (8 oz) cooked beets, sliced
- 1 tbsp each: canola oil and red wine vinegar
- 1 English cucumber, sliced
- 1 bunch scallions, sliced
- ¼ cup finely chopped fresh dill
- ½ cup toasted walnuts
- 4 oz crumbled feta cheese

Dressing (whisk together; chill):

- ¾ cup Greek yogurt
- 1 tbsp lemon juice
- zest from 1 lemon
- 1 tbsp each, minced: chives and garlic
- 1 tsp honey
- 1½ tsp onion powder
- ½ tsp dried oregano
- ¼ tsp each: freshly ground black pepper and mustard powder
- 1 tsp kosher salt

In large bowl, combine ingredients. Add dressing; toss. 4 servings.