

Sides, continued

Wild Rice Street Corn

Lisa Keys - Kennett Square, PA

- 1 pkg (10 oz) frozen sweet corn
- 1½ tsp kosher salt
- ¼ cup canola oil
- ½ tsp chili powder
- 3 cups cooked wild rice
- 4 scallions, thinly sliced, including 2 inches of green part
- ¼ cup chopped cilantro
- 1 jalapeno pepper, seeded and diced
- ½ cup crumbled feta cheese
- 1 fresh lime (1 tsp zest; 2 tbsp juice)
- 1 clove garlic, minced
- 3 tbsp light mayonnaise

In large non-stick skillet, sauté corn and salt in oil, 10 minutes. Stir in chili powder and wild rice; cook 2 minutes. Transfer to large bowl. Add remaining ingredients; combine well. 6 servings.

Entrees

Wild Rice Cheddar Apple Biscuits & Gravy

Natalie Yarbrough - Minnetonka, MN

- 2 cups flour
- 1 tbsp baking powder
- ½ tsp baking soda
- 2 tbsp brown sugar
- 1 tsp salt
- ½ tsp ground black pepper
- 8 tbsp cold unsalted butter, cubed
- 1 cup shredded cheddar cheese
- 1 cup cooked wild rice
- 1 medium Granny Smith apple, peeled, cored, and finely diced
- 1 tbsp finely chopped fresh sage
- 1 cup buttermilk
- 1 egg

Gravy:

- 1 pkg (12 oz) bacon, reserve grease
- 1 clove garlic, minced
- 1 medium Granny Smith apple, peeled, cored, and finely diced
- ½ cup diced sweet onions
- ¾ cup flour
- 2 tsp salt
- 1 tsp ground black pepper
- 1 cup whole milk
- 3 cups chicken stock
- 2 cups cooked wild rice
- 2 tbsp maple syrup

Preheat oven to 375°F. Prepare two baking sheets. In large bowl, whisk flour, baking powder, baking soda, brown sugar, salt, and pepper. Using a pastry cutter, cut butter into flour. Stir in cheese, wild rice, apple, and sage. In small bowl, beat buttermilk and egg; stir into mixture. Drop 6 mounds of batter on each baking sheet; bake 15 minutes. In large skillet, cook bacon; remove, leaving grease in skillet. Crumble bacon; set aside. Stir in garlic, apple, and onion to bacon grease; cook until soft. Remove apples and onions; set aside. Add flour, salt, and pepper to skillet. Gradually add milk; stir continuously. Slowly stir in stock; whisk until smooth and thickened. Stir in apple and onion mixture, wild rice, bacon, and syrup; remove from heat. Serve biscuits with gravy. 4 servings.

Wild Rice Chicken & Bacon Taco Bowls

Emily Falke - Santa Barbara, CA

- ½ cup minced red onion
- 3 cloves garlic, minced
- ½ cup canola oil, divided
- 1 pkg (14 oz) Just Bare® Chicken Breast Tenderloins
- ½ tsp each: salt and ground black pepper
- ¼ cup chopped cilantro leaves
- 1 tbsp lime juice
- 1 tsp honey
- 2 cups cooked wild rice
- 1 can (4 oz) fire roasted diced green chiles
- 8 bacon strips, cooked and crumbled
- 12 5-6 inch gluten-free corn tortillas
- toppings: lime wedges, sour cream, and salsa

In large skillet, sauté onion and garlic in ¼ cup oil, 2 minutes. Add chicken, salt, and pepper; cook through. Turn off heat; shred chicken in pan. In small bowl, combine remaining oil, cilantro, lime juice, honey, wild rice, chiles, and bacon. Add mixture to skillet; heat through. Serve with remaining ingredients. 4 servings.

Wild Rice Juicy Lucy

Lisa Keys - Kennett Square, PA

- 1 pkg (8 oz) baby bella mushrooms, thinly sliced
- 2 tbsp canola oil, divided
- 1 lb ground beef
- 1 cup cooked wild rice
- 1 egg, lightly beaten
- 2 tbsp Worcestershire sauce
- 1 tsp kosher salt
- ½ tsp ground black pepper
- 4-8 slices American cheese
- 4 brioche buns, split and toasted
- toppings: crisp lettuce leaves, red onions, dill pickles, tomato slices, ketchup, and mayonnaise

In large non-stick skillet, sauté mushrooms in 1 tbsp oil; cook until golden brown. Leaving drippings in skillet, transfer mushrooms to cutting board; finely chop. In large bowl, combine beef, wild rice, mushrooms, egg, Worcestershire, salt, and pepper. Form into 8 balls. Place each between 2 pieces of parchment paper; flatten into ¼" thick patties. Place 1-2 folded slices of cheese over center of 4 patties, leaving a 1" edge. Place remaining patties on top pressing out air; seal and pinch edges. Chill 30 minutes. In reserved skillet, add remaining oil and burgers; cover and cook 5 minutes. Flip burgers; cook uncovered 5 minutes or until desired temperature. Place burgers in buns; add optional toppings. 4 servings.

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.

STAR OF THE NORTH
 VIKINGS
 NORTHWOODS
 TWIN CITIES
 HOT DISH
 AGATES
 LOON
 MINNESOTA
 WILD RICE
 GOPHER STATE
 LADY SLIPPERS
 MILK
 WALLEYE
 LAND OF 10,000 LAKES

MINNESOTA WILD RICE

Recipes & Answers to Frequently Asked Questions

2023-2024 Edition

Minnesota Cultivated Wild Rice Council
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www.mnwildrice.org

Soups

Corn, Ham, & Wild Rice Chowder

Ronna Farley - Rockville, MD

- ½ cup each: diced onion, diced celery, and julienned carrots
- 1 tsp minced garlic
- 2 tbsp canola oil
- ¼ cup flour
- 4 cups water
- 4 tsp chicken bouillon
- 1 cup finely diced ham
- 1 cup heavy cream
- 4 cups frozen sweet corn
- 2 cups cooked wild rice
- ¼ tsp each: dried oregano, dried basil, salt, ground black pepper, and cayenne pepper

In large saucepan, sauté onion, celery, carrots, and garlic in oil, 4 minutes. Whisk in flour; stir 1 minute. Whisk in water and chicken bouillon. Add remaining ingredients; bring to a boil. Reduce heat; simmer 10 minutes, stirring occasionally. 6 servings.

Wild Rice Albondigas Soup

Lori McLain - Denton, TX

- 1 egg
- ⅓ cup seasoned bread crumbs
- 1 tsp fajita seasoning
- ¼ tsp ground black pepper
- 1½ tsp kosher salt, divided
- 2 cups cooked wild rice, divided
- 1 lb lean ground beef
- ½ cup each, diced: onion, celery, carrot, and zucchini
- 1 tbsp minced garlic
- 1 tbsp canola oil
- 2 cups fresh pico de gallo
- ½ cup drained and diced Nopalitos
- 6 cups chicken stock
- chopped cilantro, garnish

In large bowl, combine egg, bread crumbs, fajita seasoning, black pepper, 1 tsp salt, 1 cup wild rice, and beef. Use 2 tbsp of mixture to form meatball; repeat. Place meatballs on parchment-lined baking sheet; refrigerate. In large saucepan, sauté onion, celery, carrots, zucchini, garlic, and remaining salt in oil until vegetables soften. Stir in pico, Nopalitos, and stock; bring to boil. Slowly add meatballs while keeping a boil; simmer 8 minutes. Reduce heat and add remaining wild rice; simmer 5 minutes. 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.

Salads

Southwest Chicken & Wild Rice Salad

Katie Lisson - Albany, MN

- 2 Just Bare® Boneless Skinless Chicken Breast Fillets, cooked, cubed, and cooled
- 1 can (15 oz) black beans, drained and rinsed
- 1½ cups frozen sweet corn, thawed
- 1 each, diced: red and orange bell peppers
- ¼ cup each: finely diced red onion and chopped fresh cilantro
- 4 cups cooked wild rice

Dressing (whisk together; chill):

- 6 tbsp canola oil
- 4 tbsp lime juice
- 1 tbsp soy sauce
- 1 tsp honey
- ½ tsp cumin
- ¼ tsp each: paprika, smoked paprika, and chili powder
- 1 clove garlic, minced

In large bowl, combine ingredients. Add dressing; toss. 12 servings.

Pickled Wild Rice Green Goddess Salad

Michele Kusma - Columbus, OH

- 1 cup vegetable broth
- ¼ cup seasoned rice vinegar
- ½ cup sugar
- ½ cup cooked wild rice
- 2 cups lettuce mix
- ½ large avocado, chopped
- ¼ cup chopped fresh tomato
- 1 hard boiled egg, sliced
- 4 oz New York strip steak, cooked and sliced

Dressing (blend in food processor):

- ½ large avocado
- ⅞ tsp minced garlic
- 1 tsp chopped fresh chives
- 1 tbsp chopped fresh basil
- ¼ cup packed fresh flat leaf parsley
- 1 tsp lime juice
- pinch salt
- 1 tbsp sugar
- 1 tbsp canola oil
- ½ tsp vinegar
- 2 tbsp water (add additional water if thinner dressing is preferred)

In small saucepan, combine broth, rice vinegar, and sugar; stir constantly until sugar is dissolved. Stir in wild rice; remove from heat. Cover and set aside 20 minutes; drain. Place lettuce on plate. Arrange remaining ingredients and pickled wild rice side-by-side; drizzle with dressing. 1 serving.

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)

Sweet Asian Chili Wild Rice Bowl

Donna-Marie Ryan - Topsfield, MA

- 2 cloves garlic, minced
- 2 cups cooked and cubed boneless pork tenderloin
- 2 tbsp canola oil
- 4 cups 3-color coleslaw mix
- 2 cups cooked wild rice
- 3 scallions, sliced (reserving 1 tbsp for garnish)
- 1 Cubanelle pepper, sliced (reserving 1 tbsp for garnish)
- ½ cup slivered almonds (reserving 1 tbsp for garnish)
- ¾ cup Thai sweet chili sauce (reserving 4 tsp for garnish)
- 1 mandarin orange, peeled and cut into bite-size pieces
- crisp lettuce leaves to line salad plates, garnish
- 1 mandarin orange, cut into wedges, garnish

In large skillet, stir-fry garlic and pork in oil, 2 minutes. Stir in coleslaw until wilted. Add remaining ingredients (except garnish); heat through. Garnish. 4 servings.

Appetizers

Wild Rice Chicken Salad Boats

Donna-Marie Ryan - Topsfield, MA

- 1 cup cooked wild rice
- 1 cup cooked and coarsely chopped Just Bare® Boneless Skinless Chicken Breast Fillets
- ¼ cup garlic aioli
- 4 bacon strips, cooked and crumbled
- ½ cup shredded cheddar cheese
- 2 scallions, finely sliced, separating whites and greens
- 1 English cucumber, peeled, halved lengthwise, and seeded
- 2 tsp Everything Bagel Seasoning

In large bowl, combine first five ingredients and scallion whites; pack into cucumber halves. Sprinkle with scallion greens and seasoning. Slice each cucumber half into 4 pieces. 4 servings.

Note: dice cucumber and combine all ingredients for a salad option.

Wild Rice Lettuce Wraps with Kimchi

Amy Fossett - Severn, MD

- 2 tsp each, minced: fresh garlic and fresh ginger
- 1 lb ground pork
- 2 tsp canola oil
- 4 tbsp soy sauce
- 3 tbsp Gochujang sauce
- 2 tbsp rice vinegar
- 2 tbsp apricot preserves
- 4 tbsp honey
- 2 cups cooked wild rice
- 4 large Bibb lettuce leaves
- 1 cup kimchi, chopped
- Sriracha sauce, garnish

In large skillet, stir-fry garlic, ginger, and pork in oil. Stir in soy sauce, Gochujang sauce, vinegar, preserves, and honey. Stir in wild rice; remove from heat. Top each lettuce leaf with ½ cup wild rice mixture and ¼ cup kimchi. Garnish. 4 servings.

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Beef & Wild Rice Mini Tacos

Ronna Farley - Rockville, MD

- 1 lb ground beef
- 2 cups cooked wild rice
- 1 oz taco seasoning
- 32 tortilla chip scoops
- ½ cup shredded sharp cheddar cheese, garnish
- ½ cup sour cream, garnish
- 32 cilantro leaves, garnish

In large skillet, brown beef; drain off fat. Stir in wild rice and taco seasoning; cook 2 minutes. Spoon into scoops; garnish. 8 servings.

Fiesta Wild Rice Stuffed Mushrooms

Emily Falke - Santa Barbara, CA

- 12 2-2.5" diameter mushrooms, stems discarded
- ½ cup canola oil, divided
- ½ cup finely sliced scallions (reserving 1 tbsp for garnish)
- ¾ cup diced mini sweet peppers
- 3 cloves garlic, minced
- ¼ cup chopped fresh cilantro (reserving 1 tbsp for garnish)
- ½ tsp each: salt, ground cumin, and chili powder
- ½ cup gluten-free panko, divided
- 2 cups cooked wild rice
- 1 pkg (12 oz) bacon, cooked and crumbled
- ⅓ cup each, shredded: Monterey Jack cheese and cheddar cheese

In large non-stick skillet, cook mushrooms top down in ¼ cup oil, 4 minutes. Flip; cook 2 minutes. In small skillet, sauté scallions, peppers, and garlic in remaining oil, 3 minutes. Stir in cilantro, salt, cumin, chili powder, ¼ cup panko, wild rice, and bacon; cook 1 minute. Stuff mushrooms with mixture; sprinkle with cheese and remaining panko. Cover; cook until cheese melts. Garnish. 6 servings.

Note: chop mushrooms and combine all ingredients for a side option.

Sides

Wild Rice Beer Bread with Maple Spread

Laura Kurella - Wellston, MI

- 1 cup cooked wild rice
- 2½ cups flour
- 1 tbsp baking powder
- 1 tsp sea salt
- ½ cup sugar
- 12 oz nitro stout, warmed
- ⅓ cup high-quality butter, melted
- 1 tbsp canola oil

Spread (blend in mixer; chill):

- 4 oz unsalted butter, softened
- 2 oz Neufchâtel cheese
- ½ tsp sea salt
- 2 oz pure maple syrup
- 1 oz canola oil
- 1 oz nitro stout

Preheat oven to 350°F. In large bowl, combine wild rice and flour. Stir in baking powder, salt, and sugar. Add stout; fold mixture until dough is well incorporated. Place in prepared loaf pan; spread evenly. Use a spatula to make a channel down the center. In small cup, combine butter and canola oil; pour into channel. Bake 30 minutes. Rotate pan; bake 25 minutes. Rest 10 minutes. 4 servings.