

MINNESOTA CULTIVATED WildRice COUNCIL

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FOOD EDITORS RELEASE

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Don't Miss Your Chance to Go "Wild" This Spring

14th Annual "Get Wild with Wild Rice" Recipe Contest Kicks Off!

If you happen to be an aspiring chef, culinary professional, or someone who simply has a competitive spirit and enjoys cooking, we've got the perfect event for you! Do you have what it takes to match your cooking skills against others from across the country in a competitive, national competition of culinary creativity? If so, then for you it's sure to be a "wild" (rice) spring!

The Minnesota Cultivated Wild Rice Council is looking for talented, imaginative, and adventurous contestants to put their culinary flair and expertise in the kitchen to work in the 14th Annual "Get Wild with Wild Rice" recipe contest. All recipes must be original creations and must feature the deliciously distinctive flavor of the only cereal grain native to North America – wild rice!

Don't take this challenge lightly! You'll need to be at your creative best to win our Grand Prize and People's Choice Awards and take home cash prizes and bragging rights for the most innovative and delicious wild rice recipe of 2023. Additionally, one finalist will receive our Golden Ticket for entry into the World Food Championships. If last year's contest, in which *Beef & Shiitake Wild Rice Umami Stir Fry* and *'Popped' Espresso Mocha Pillow Crisps* took home the Grand Prize and People's Choice Awards respectively, is any indication of the quality of potential entrants in 2023, this year's contest is sure to be a hotly contested affair.

Here's how it works – submitted recipes go head-to-head in a taste test conducted by our culinary specialists. Participants have four opportunities to win: 1) up to 16 finalists will be selected to have their recipes published and win *wild* prize packs; 2) a Grand Prize of \$500 will be awarded to one lucky recipe chosen by a panel of judges; 3) in September, National Rice Month, America will vote for its favorite recipe online for the \$250 People's Choice Award; and 4) one finalist will receive our Golden Ticket to compete in the 2023 World Food Championships.

The contest opens May 12, with a deadline of June 12 for recipe submissions. Culinary creations need to include ¼ cup of cooked wild rice per serving and at least one sponsor product from Just Bare®, Minnesota Beef Council, Minnesota Pork Board, and Northern Canola Growers Association.

Now in its 14th year, this popular contest has produced scores of "wildly" imaginative recipes demonstrating the creativity of our contestants as well as the versatility of wild rice. See for yourself – for contest finalists and other wild rice recipes, visit one of the most extensive wild rice recipe libraries in the world (mnwildrice.org/search.php).

The "Get Wild with Wild Rice" Contest is also an Elite Qualifier for the 2023 World Food Championships in Dallas, TX. One lucky finalist will be able to compete in this high stakes food competition which has awarded more than \$3 million in cash to culinary talent! Visit mnwildrice.org for full contest details.



Beef & Shiitake Wild Rice Umami Stir Fry (top) and *'Popped' Espresso Mocha Pillow Crisps* win the Council's 2022 Grand Prize and People's Choice Awards.

To receive your free copy of the Council's latest recipe brochure, *Minnesota Wild Rice Recipes & Answers to Frequently Asked Questions*, featuring 2021 contest winning recipes, including soups, appetizers, salads, side dishes, and entrees, send a self-addressed-stamped-envelope to:



Minnesota Cultivated Wild Rice Council
Newest Recipes
4630 Churchill St., #1
St. Paul, MN 55126

Recipes for photos:

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.

'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 served. 6 servings.

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

Notes to Editor:

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 1/2 pound of cultivated wild rice. If you cannot accept the wild rice, we'd still appreciate a clipping to show our farmers – **thanks!**