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#### FOOD EDITORS RELEASE

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## CULINARY EXPERTISE PUT TO THE TEST

### *“Get Wild with Wild Rice” Recipe Contest Inspires Cooks Nationwide*

Get out your aprons and roll-up your sleeves, it's time to showcase your cooking expertise! The Minnesota Cultivated Wild Rice Council seeks your inspiration in developing innovative and delectable wild rice recipes for its 2<sup>nd</sup> annual recipe contest. Recipes will feature the unique, one-of-a-kind flavor of wild rice – the only cereal grain native to North America.

Recipes go head-to-head in a taste test by our culinary specialists. Winning recipes, up to 16, will be featured in the 2011 wild rice recipe brochure. In September, winning recipes will be posted on our website for an online contest celebrating National Rice Month. America will vote for their favorite recipe and one lucky winner will receive the cash grand prize. The deadline for recipe submission is June 27, 2011. Visit [www.mnwildrice.org](http://www.mnwildrice.org) for full contest details.

The inaugural “*Get Wild with Wild Rice*” recipe contest attracted a host of delicious new recipes from wild rice lovers coast-to-coast. Recipes included soups, appetizers, salads, entrées and sides and offered an eclectic mix of ingredients showcasing the uniqueness and versatility of wild rice. Give your meals a new twist with these winning recipes, they're sure to become a family favorite:

#### ***Grand Prize Winner - Wild Rice Chicken Stir-Fry (Lynne Akiko, Honolulu, HI)***

Stir-fry is an Asian favorite which pairs well with the unique taste and texture of wild rice. *Wild Rice Chicken Stir-Fry* is a delicious and colorful entrée. It combines wild rice with tender chicken and crisp vegetables for a quick and healthy meal.

#### ***Mandarin Wild Rice Casserole (Shelly Fisher, Hermiston, OR)***

For a main course reminiscent of your mom's favorite hotdish, *Mandarin Wild Rice Casserole* offers an alternative to traditional casseroles. Brimming with flavor, this dish combines ground chicken with wild rice, green beans and mandarin oranges, to create a slightly sweet yet hearty comfort food.

#### ***Summertime Wild Rice Salad (Bernadette Seliski, Lilydale, MN)***

Featuring delicious, chicken breast, pecans, wild rice, green onions and dried cherries, *Summertime Wild Rice Salad* is a perfect blend of nutty and sweet. This salad is a quick and easy dinner option or the perfect side for your summer barbecue.

For these and other wild rice recipes, visit one of the most extensive wild rice recipe libraries found online ([www.mnwildrice.org/search.php](http://www.mnwildrice.org/search.php)).

Healthy, nutritious and delicious – no wonder wild rice is the grain of choice for those who love versatility, freshness and flavor.



**Tradition!** Wild rice is rich with tradition. It has grown naturally in the clean, clear waters of the North for centuries and as an agricultural crop for over 40 years. Wild rice really isn't rice at all. It's the seed of *Zizania palustris*, a tall blooming water grass that prospers in the lush vegetation of the Great Lakes region. For many years, wild rice was an important staple food of Native American tribes. It was called "manoomin," which translates into "good berry." Today, most wild rice is cultivated, yet it remains a natural product.



**Simple & Convenient!** One great advantage of wild rice is that it can be cooked ahead of time, refrigerated or frozen, and added at the last moment to almost any dish. To prepare this convenient product, simply add one cup of uncooked, cultivated wild rice to 3-4 cups of boiling water. Cover, reduce heat and simmer 30-45 minutes or until grains just start to open. Drain and store in re-sealable freezer bags. Cooked wild rice can be refrigerated up to one week or frozen up to six months.



**Gourmet Flair!** Wild rice adds flair to entrees, soups and salads, lending its nutty texture and unique flavor to each dish it touches. Keep cooked wild rice on hand to add elegance to your meals. Impress your family and friends by livening up some of your familiar favorites with style and panache:

**Pilaf:** Stir in wild rice, dried cherries and toasted almonds to cooked white or basmati rice for a quick but elegant accompaniment to your grilled meats.

**Pancakes:** Add texture and taste to your Sunday morning brunch by swirling wild rice into your pancake batter. Serve with real maple syrup.

**Omelets:** Sauté fresh mushrooms in flavored oil. Add cooked wild rice and shredded Swiss or Gruyere cheese for a tasty filling.

**Italian Rice Salad:** Combine chopped tomatoes, red onion, olives and capers with a splash of Italian salad dressing and wild rice for a lovely, no-fuss accompaniment to grilled tuna, salmon or trout.



**Nutritious!** Did you know wild rice has only 83 calories per ½ cup serving? It is a good source of fiber, protein, B-vitamins and potassium. This nutritional grain is free of sodium, preservatives and additives, making it the grain of choice for anyone who loves fresh ingredients, healthy dishes and versatility.

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



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

**WILD RICE CHICKEN STIR-FRY**

- 1 pkg (14 oz) boneless, skinless chicken breast pieces for stir fry
- 1 red pepper, julienned
- 1 pkg (8 oz) frozen broccoli & carrots with garlic & herbs, prepared as directed on pkg
- 2 cups cooked wild rice

**Sauce (whisk together):**

- 2 tbsp canola oil
- 2 tbsp shoyu
- 2 tbsp mirin
- 1 tbsp water
- 2 cloves garlic, minced
- ¼ cup chopped onion

In a large skillet or wok; heat sauce. Add chicken and red pepper; stir-fry. Stir in remaining ingredients; heat through. 4 servings.

**MANDARIN WILD RICE CASSEROLE**

- 1 pkg (20 oz) ground chicken
- 2 tbsp olive oil
- ½ cup chopped onion
- 2 cans (10¾ oz each) cream of mushroom soup
- ¾ cup chicken broth
- 2 tbsp soy sauce
- 2 tbsp cooking sherry
- 1 tbsp dark brown sugar
- pepper, to taste
- 1 tsp minced garlic
- 4 cups cooked wild rice
- 2 tsp shredded ginger
- 1 pkg (7.5 oz) frozen green beans with almonds, prepared as directed on pkg
- 1 can (6.5 oz) sliced mushrooms, drained
- 1 can (11 oz) mandarin oranges, drained

In a large skillet, brown chicken in oil. Add onion; cook 5 minutes. In large bowl, whisk soup, broth, soy sauce, sherry, brown sugar and pepper; add to skillet mixture. Stir in remaining ingredients; heat through. 6-8 servings.

**SUMMERTIME WILD RICE SALAD**

- 4 cups cooked wild rice
- 1 pkg (16 oz) boneless skinless chicken breast, grilled, cubed
- 1 cup toasted pecan halves
- ½ cup diced celery
- ½ cup chopped green onions
- salt and pepper, to taste
- 1 cup dried cherries, reserve 3 tbsp for garnish
- ¼ cup finely chopped parsley, reserve 1 tsp for garnish

**Dressing (whisk together; chill):**

- 1½ cups mayonnaise
- ½ cup milk
- 1 tbsp sugar

In a large bowl, toss salad ingredients except those reserved for garnish. Add dressing; toss. Garnish with reserved cherries and parsley. 6-8 servings.

### Wild Rice Chicken Stir-Fry

Credit: Minnesota Cultivated Wild Rice Council



### Summertime Wild Rice Salad

Credit: Minnesota Cultivated Wild Rice Council



### Mandarin Wild Rice Casserole

Credit: Minnesota Cultivated Wild Rice Council



### Notes to Editor:

For an electronic copy of the photos and/or press release call or email our office. If emailing, please specify your preferred format of the photo.

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 a 1/2 pound of cultivated 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 *Minnesota Cultivated Wild Rice Recipes and Answers to Often Asked Questions* brochure. Due to limited funding, it is necessary for readers to send a business size S-A-S-E (we are unable to fill phone or email requests).

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