



4630 Churchill Street, #1, St. Paul, MN 55126 • Phone: 651.638.1955 • Fax: 651.638.0756 • wr@mnwildrice.org • www.mnwildrice.org

FOOD EDITORS RELEASE

Contact: Beth C. W. Nelson, President
Chelsea Russell, Communication Director

7TH ANNUAL “GET WILD WITH WILD RICE” RECIPE CONTEST KICKS OFF *Your Culinary Expertise Could Win You Cash & Prizes*

It's time to get *wild* with your cooking skills – the Minnesota Cultivated Wild Rice Council is seeking your imaginative and creative recipes for its 7th Annual “*Get Wild with Wild Rice*” Recipe Contest. Whether you're a culinary professional, an aspiring chef, or someone who simply enjoys cooking and the culinary arts, we invite you to participate in our national wild rice competition. Get your creative juices flowing and enter your most imaginative creation featuring the deliciously distinctive flavor of the only cereal grain native to North America – wild rice!

Here's how it works – recipes entered go head-to-head in a taste test conducted by our culinary specialists. Participants have three opportunities to win: 1) Up to 16 finalists will be selected to have their recipes published and win *wild* prizes; 2) A Grand Prize of \$500 will be awarded to one winning recipe chosen by a panel of judges; and 3) 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 a \$250 People's Choice Award. The contest opens May 16 and the deadline for recipe submission is June 13, 2016. Visit www.mnwildrice.org for full contest details.

The “*Get Wild with Wild Rice*” Contest also serves as an Automatic Qualifier for the 2016 World Recipe Championship (theme: Breakfast). The World Recipe Championship is one of 9 competition categories being held in Orange Beach, Alabama, at the World Food Championships. What does that mean for you? It means one lucky winner will receive a Golden Ticket which qualifies him or her to compete for a total purse of \$300,000 in cash and prizes!

The “*Get Wild with Wild Rice*” contest, now in its 7th year, is a popular contest attracting scores of “wildly” imaginative culinary creations demonstrating both participant creativity and wild rice versatility. See for yourself – try these wildly delicious prize winning recipes:

[2015 People's Choice Winner - Wild Bacon-Bleu Stuffed Filet Mignon](#) (Sharon Holland, St. Louis Park, MN)

Filet mignon tender enough to cut with a fork, stuffed with spinach, bacon, wild rice, thyme, and bleu cheese makes the 2015 People's Choice winning recipe simply irresistible. *Wild Bacon-Bleu Stuffed Filet Mignon* is an elegant creation sure to impress even your most discriminating guests, yet easy enough to prepare for that special family occasion as well.

[2015 Grand Prize Winner - Wild Rice Chicken Chowder](#) (Roxanne Chan, Albany, CA)

The 2015 Grand Prize winning recipe is a home-style comfort food. *Wild Rice Chicken Chowder* combines wild rice with ground chicken, cream-style and niblets corn, spinach, and shredded cheese for a deliciously hearty meal your whole family will love.

For these and other wild rice recipes, visit one of the most extensive wild rice recipe libraries found online (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 50 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 begin 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 nutty texture and unique flavor to any dish. 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:

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: Saute 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 or salmon.



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 BACON-BLEU STUFFED FILET MIGNON

Sharon Holland, St. Louis Park, MN

- 4 8 oz filet mignon (tenderloin steaks), 2" thick
- 3 tbsp canola oil
- 4 strips thick cut bacon, diced
- 1 cup cooked wild rice
- 1 cup diced baby portabella mushrooms
- 1 box (9 oz) frozen Green Giant® Steamers Chopped Spinach, thawed and squeezed to remove moisture
- 4 garlic cloves, minced
- ¼ cup dry sherry
- 1 tbsp minced fresh thyme
- salt and pepper to taste
- 1 cup crumbled bleu cheese
- 2 tbsp Sargento® Artisan Blends® Shredded Parmesan Cheese

Preheat oven to 400°F. In large skillet, sear steaks in oil, 5 minutes each side; cool. In skillet, fry bacon. Stir in wild rice, mushrooms, spinach, and garlic; coat with drippings. Stir in sherry; cook until nearly evaporated. Cool slightly. Stir in seasonings and bleu cheese. Cut deep "X" into filets, lift corners and snip to make flap; stuff with mixture, top with parmesan; roast 20-30 minutes. 4 servings.

WILD RICE CHICKEN CHOWDER

Roxanne Chan, Albany, CA

- 1 pkg (16 oz) Gold'n Plump® Ground Chicken
- 2 tbsp canola oil
- ½ cup chopped onion
- ¼ cup each chopped: celery and red pepper
- 1 tsp poultry seasoning
- 2 tbsp flour
- 2 cups chicken broth
- 1 can (14.75 oz) Green Giant® Cream Style Sweet Corn
- 1 box (9 oz) frozen Green Giant® Steamers Niblets® Corn
- 1½ cups half and half
- 2 cups cooked wild rice
- 1 box (9 oz) frozen Green Giant® Steamers Chopped Spinach, thawed and squeezed to remove moisture
- 1 tsp lemon zest
- ½ tsp each: ground pepper and salt
- ⅓ cup Sargento® Chef Blends® Shredded 4 State Cheddar® Cheese, divided

In large saucepan, brown chicken in oil. Add onion, celery, red pepper, and poultry seasoning; cook 3 minutes, stirring occasionally. Add flour, stirring until bubbly; gradually stir in broth. Stir in cream style corn, niblets corn, and half and half; cover and simmer 5 minutes. Stir in wild rice, spinach, zest, pepper, and salt; heat through. Adjust seasonings. Spoon into bowls; top with cheese. 4 servings.

Notes to Editor:

For an electronic copy of the photos, call or email our office.

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, readers need to send a business size self-addressed-stamped-envelope to:

Minnesota Cultivated Wild Rice Council

Newest Recipes

4630 Churchill St., #1

St. Paul, MN 55126

Wild Bacon-Bleu Stuffed Filet Mignon

Credit: Minnesota Cultivated Wild Rice Council



Wild Rice Chicken Chowder

Credit: Minnesota Cultivated Wild Rice Council

