



MINNESOTA CULTIVATED  
Wild Rice  
COUNCIL

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## FOOD EDITORS RELEASE

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

# Calling All Foodies: Prepare to Get Wild!

*Cash & Prizes on the Line as “Get Wild with Wild Rice” Recipe Contest Kicks Off*

The Minnesota Cultivated Wild Rice Council is looking for creative, motivated, and talented contestants with the culinary chops to compete in the 9<sup>th</sup> Annual “Get Wild with Wild Rice” recipe contest. Contestants need to be on top of their game to bring home cash prizes and earn bragging rights for the most innovative and delectable wild rice recipes. Recipes must be an original creation and feature the one-of-a-kind flavor of the only cereal grain native to North America – wild rice.

Here’s how it works – submitted recipes 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, National Rice Month, America will vote for its favorite recipe online and one lucky winner will receive the \$250 People’s Choice Award.

The contest opens May 10, with a deadline of June 11 for recipe submissions. Your culinary creations each need to include ¼ cup of wild rice per serving and at least two sponsor products. Visit [mnwildrice.org](http://mnwildrice.org) for full contest details. The versatility of wild rice shines with all of these sponsors:

- [Crystal Farms® \(cheese\)](#)
- [Just BARE® \(chicken\)](#)
- [Green Giant® \(Veggie Spirals/Riced Veggies/Veggie Tots/Roasted Veggies/Steamers/Canned\)](#)
- [Minnesota Beef Council \(beef cuts\)](#)
- [Minnesota Pork Board \(pork cuts, such as pork loin and ham\)](#)
- [Northern Canola Growers Association \(canola cooking oil/spreads/sprays\)](#)

The “Get Wild with Wild Rice” Contest also serves as an Automatic Qualifier for the 2018 World Food Championships in Orange Beach, AL. One lucky winner will receive a Golden Ticket, which qualifies him or her to compete for a total purse of \$350,000 in cash and prizes!

In its 9<sup>th</sup> year, this popular contest has led to scores of “wildly” imaginative recipes demonstrating both participant creativity and wild rice versatility. See for yourself – try these wildly delicious 2017 prize winning recipes:

**People’s Choice Winner – *Where the Wild Things Are Dessert*** (Pam Correll, Brockport, PA)

For the first time in our contest’s history, a dessert took home our People’s Choice Award – and with just one taste you’ll quickly understand why. *Where the Wild Things Are Dessert* combines blueberry cream cheese, coconut milk, wild rice, fresh blueberries, and whipped cream in a fresh and fruity finale to the perfect meal.

**Grand Prize Winner – *Wild Rice & Salsa Verde Chicken Soup*** (Sharyn LaPointe Hill, Las Cruces, NM)

Our Grand Prize winning recipe is rich in the flavors of the Southwest and one you’ll be eager to try at your next gathering or party. *Wild Rice & Salsa Verde Chicken Soup* combines the fiery spice of jalapeno and poblano peppers with tender rotisserie chicken, cumin, tomatillos, and wild rice, and can serve as a deliciously unique starter or satisfying entrée.

For these and other wild rice recipes, visit one of the most extensive wild rice recipe libraries found online ([mnwildrice.org/search.php](http://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:** Add 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 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 Wild Rice Recipes & Answers to Frequently 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

**WHERE THE WILD THINGS ARE DESSERT**

*Pam Correll, Brockport, PA*

- 2 cups cooked wild rice
- 1 cup coconut milk
- ½ cup pure maple syrup
- 2 tbsp canola spread
- 1 tub (8 oz) Crystal Farms® Blueberry Cream Cheese Spread, at room temperature
- 1 tsp vanilla extract
- ¼ tsp nutmeg
- 1½ cups fresh blueberries, divided
- 2 cups sweetened whipped cream
- 4 fresh spearmint leaves

In large saucepan, combine wild rice, coconut milk, maple syrup, and canola spread. Bring to boil over medium heat, stirring constantly; reduce heat. Simmer 15-20 minutes until wild rice absorbs liquid; stirring frequently. Remove from heat. Stir in cream cheese, vanilla, and nutmeg; cool completely. In four clear, small custard cups, layer wild rice mixture, 1 cup blueberries, and whipped cream. Garnish with remaining blueberries and mint leaves. 4 servings.

**WILD RICE & SALSA VERDE CHICKEN SOUP**

*Sharyn LaPointe Hill, Las Cruces, NM*

- ½ cup chopped onion
- 1 tbsp minced garlic
- 1 large poblano pepper, seeded and finely chopped
- 2 medium jalapeno peppers, seeded and finely chopped
- 1 cup finely chopped tomatillos
- 3 tbsp canola oil
- 4 cups chicken broth
- 2 cups shredded Gold'n Plump® Deli Fresh Rotisserie Chicken, Original Flavor
- 2 cans (7 oz ea) Green Giant® Mexicorn, drained
- 1½ tsp each: ground cumin and dried oregano leaves
- ⅓ cup lime juice
- 1 tsp salt
- ½ tsp pepper
- 3 cups cooked wild rice
- 2 cups Crystal Farms® Shredded Mexican 4 Cheese
- ¼ cup chopped fresh cilantro leaves

In large saucepan, sauté onion, garlic, peppers, and tomatillos in oil, 3-4 minutes. Add broth, chicken, Mexicorn, cumin, oregano, lime juice, salt, and pepper; bring to a boil. Reduce heat; add rice and cheese, stirring until cheese melts. Stir in cilantro. Serve immediately. 6 servings.

**Notes to Editor:**

For electronic copies of the photos (see page 4), 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 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!**

**Wild Rice & Salsa Verde Chicken Soup**

Credit: Minnesota Cultivated Wild Rice Council



**Where the Wild Things Are Dessert**

Credit: Minnesota Cultivated Wild Rice Council

