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FOOD EDITORS RELEASE

October 2023

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People's Choice Award Winner Goes Back-to-Back

Winners Announced in "Get Wild with Wild Rice" Recipe Contest

Laura Kurella of Wellston, MI, won back-to-back People's Choice awards in the Minnesota Cultivated Wild Rice Council's "Get Wild with Wild Rice" recipe contest with her *Wild Rice Beer Bread with Maple Spread*, a scrumptious, slightly sweet bread which highlights the diversity of wild rice in a delicious, easy-to-prepare creation. Last year, Laura won the People's Choice Award with another unique offering - '*Popped*' Espresso Mocha Pillow Crisps - which featured soft, sweet marshmallows coated in chocolate, espresso powder, cinnamon, and 'popped' wild rice. Laura was also awarded the Council's 'Golden Ticket' to the *World Food Championships* and will be competing in Dallas, TX, in November.

Now in its 14th year, the "Get Wild with Wild Rice" recipe contest has attracted participants from across the country submitting recipes which run the gamut from traditional to creative in the categories of appetizers, soups, salads, entrées & sides, demonstrating both the great taste and versatility of wild rice. Recipes went head-to-head in a taste test conducted by culinary specialists who narrowed the field to 14 finalists competing for two awards - a Grand Prize awarded by a panel of judges headed by Chef Ken Goff and a People's Choice Award given to the finalist garnering the most votes on the Council's website during September's National Rice Month.

In addition to Kurella's impressive back-to-back People's Choice win, Amy Fossett of Severn, MD, won the Council's coveted Grand Prize with her savory, Asian-inspired *Wild Rice Lettuce Wraps with Kimchi*.

Ken Goff, considered one of the primary developers of the modern Upper Midwestern cuisine, led a panel of judges charged with the difficult task of selecting which recipe would take home the Grand Prize. Relying on his more than four decades-worth of culinary experience and training, Goff and the judges ultimately chose *Wild Rice Lettuce Wraps with Kimchi* as the winner in an extremely close race noting it stood out for its ease of preparation and interesting flavors.

People's Choice Winner – Wild Rice Beer Bread with Maple Spread (Laura Kurella, Wellston, MI)

Wild rice, sugar, nitro stout, and melted butter give this bread a hint of sweetness along with a distinctive nutty flavor. Paired with a Neufchatel-based spread with a maple syrup infusion, *Wild Rice Beer Bread with Maple Spread* is the perfect accompaniment to an upscale meal, or a healthy snack to satisfy those afternoon hunger pangs.

Grand Prize Winner – Wild Rice Lettuce Wraps with Kimchi (Amy Fossett, Severn, MD)

Our Grand Prize-winning recipe puts a new twist on a familiar appetizer favorite, *Wild Rice Lettuce Wraps with Kimchi*, which combines wild rice with pork, Gochujang sauce, honey, and ginger. Add in the complex flavors of kimchi, a traditional Korean favorite, and you've got a 'wildly' flavorful appetizer your guests and family are sure to love.

(The Council's website is home to the world's largest online wild rice recipe library. To view the recipes of any of the 2023 finalists, visit mnwildrice.org/search.php - "Contest Finalist" category.)

The Council's latest recipe brochure, *Minnesota Cultivated Wild Rice Recipes & Answers to Frequently Asked Questions*, features contest winning recipes including soups, salads, appetizers, sides, and entrées. To receive your free copy, send a self-addressed-stamped-envelope to: Minnesota Cultivated Wild Rice Council, Newest Recipes, 4630 Churchill St #1, St. Paul, MN 55126.

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 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.

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.

Note to Editor:

For a high-resolution 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 2023-2024 *Minnesota Cultivated Wild Rice Recipes and Answers to Often Asked Questions* brochure. Readers should send a business size self-addressed-stamped-envelope to:

Minnesota Cultivated Wild Rice Council

Newest Recipes
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Wild Rice Beer Bread with Maple Spread

Credit: Minnesota Cultivated Wild Rice Council



Wild Rice Lettuce Wraps with Kimchi

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