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#### FOOD EDITORS RELEASE

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## MAKE THIS YEAR'S HOLIDAY FEAST "WILDLY" DELICIOUS

*Wild Rice Adds the Perfect Touch to Your Holiday Meal!*

Tradition reigns with holiday feasts - homemade delights and once-a-year favorites to share with family and friends. This year, why not get "wild" with your traditional turkey dinner. Your holiday feast would not be the same without the golden brown turkey, but adding something new and simple like Wild Rice Stuffing (*mmm*) or Wild Craisen Salad will leave your guests singing your praises and asking for more. If you're a once-a-year bread baker, Wild Rice Multi Grain Bread will make you a star! Wild rice offers what you're looking for this holiday season.

The holidays are the perfect time to incorporate the distinctive flavor of wild rice into your meal. Whether in stuffing, salad, or bread, the one-of-a-kind flavor of wild rice brings out the best in your holiday celebrations. Try these wild rice holiday favorites or search the world's largest wild rice recipe library for other "wild" options to add flair and spice to your holiday table this season ([www.mnwildrice.org/search.php](http://www.mnwildrice.org/search.php)).

### ***Wild Rice Stuffing***

Looking for a way to spice up your traditional stuffing? For a stuffing recipe sure to leave your guests clamoring for more, *Wild Rice Stuffing* provides the perfect opportunity to incorporate the smoky, nutty flavor of wild rice into your holiday meal. *Wild Rice Stuffing* combines bacon, onion, sage, oregano, mushrooms, and wild rice in an extraordinary blend of flavors to create the perfect accompaniment to the traditional holiday turkey.

### ***Wild Craisen Salad***

There's more than one way to feature cranberries at your holiday feast! For a new twist on an old favorite, try serving your cranberries in the savory *Wild Craisen Salad*. This salad is a great way to add festive color to your holiday table by combining dried cranberries, green pepper, celery, and more, tossed in a refreshing light cranberry dressing.

### ***Wild Rice Multi Grain Bread***

Instead of the same old bland dinner rolls, impress your holiday guests with *Wild Rice Multi Grain Bread*. Beautiful enough to be your centerpiece but tasty enough to steal the show, this delicious bread is rich in whole grains and is sure to become one of your holiday traditions combining oats, wild rice, sunflower seeds, and more.

### WILD RICE STUFFING

- 4 slices bacon, cut in 1" pieces
- 1 medium onion, chopped
- ½ lb mushrooms, sliced
- 3 ribs celery, chopped
- 3 cups cooked wild rice
- 1 tsp crushed leaf oregano
- ½ tsp crushed leaf sage
- 2 cups bread crumbs
- salt and pepper to taste
- ¼-½ cup chicken broth, optional

Preheat oven to 350°F. In large skillet, saute bacon, onion, mushrooms, and celery; cook until bacon is crisp. Stir in wild rice, oregano, sage, and bread crumbs; adjust seasonings. Place in greased 2-qt. casserole, cover and bake 30-40 minutes. Add ¼-½ cup chicken broth, if needed, for moisture.

Sausage Stuffing: Add ½ lb crumbled, cooked, and drained sausage. 6-8 servings.

### WILD CRAISEN SALAD

- 4 cups cooked wild rice
- ½ cup sliced celery
- ¼ cup sliced green onion
- ¼ cup chopped fresh parsley
- ½ cup chopped green pepper
- ½ cup raisens (dried cranberries)

Dressing (whisk together; chill):

- ½ cup cranberry juice
- ½ cup white vinegar
- 1 tbsp olive oil
- 1 tsp basil leaves
- sugar and salt to taste

In large bowl, toss salad ingredients. Add dressing; toss. 6-8 servings.

### WILD RICE MULTI GRAIN BREAD

- 4-5 cups all-purpose flour, divided
- 2 cups whole wheat flour
- ½ cup rye flour
- ½ cup uncooked rolled oats
- 1 pkg dry yeast
- 2 tsp salt
- ⅓ cup water
- 2 cups milk
- ½ cup honey
- 2 tbsp butter or margarine
- 1½ cups well-cooked wild rice
- 1 egg, beaten with 1 tbsp water
- ½ cup hulled sunflower seeds

Preheat oven to 375°F. In large bowl, combine 2 cups all-purpose flour, whole wheat flour, rye flour, rolled oats, yeast, and salt; mix well. In medium saucepan, heat water, milk, honey, and butter until very warm (120°F to 130°F). Add warm liquid to flour mixture. Blend at low speed until moistened; beat 2 minutes at medium speed. Add wild rice. Cover and let rest 15 minutes. Stir in enough additional all-purpose flour to make a stiff dough. On floured surface, knead dough 10 minutes; add more flour as necessary to keep dough from sticking. Place in lightly greased bowl, turn over, cover and let rise until doubled, about 2 hours. Punch down. Knead briefly on lightly floured surface. Divide dough into thirds, shape into 3 strands; braid and place onto greased baking sheet to form a wreath. Let rise until doubled, about 45 minutes. Brush tops of loaves with egg mixture. Sprinkle with sunflower seeds. Bake 45 minutes or until bread sounds hollow when tapped. Makes 1 wreath braid, 2 loaves (9½" - 5½" pans), or 18 bread sticks (approx. 12" long).

**Notes to Editor:**

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

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 ½ pound of wild rice. If you cannot accept the wild rice, we'd still appreciate a clipping to show our growers — ***thanks!***

Wild Rice Stuffing

Credit: Minnesota Cultivated Wild Rice Council



Wild Craisen Salad

Credit: Minnesota Cultivated Wild Rice Council



Wild Rice Multi Grain Bread

Credit: Minnesota Cultivated Wild Rice Council

