

MINNESOTA CULTIVATED Wild Rice COUNCIL

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FOOD EDITORS RELEASE

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Spending More Time in the Kitchen? *Go Wild!*

Get Rewarded for Your Creativity by Entering the “Get Wild with Wild Rice” Recipe Contest

Many of us are finding ourselves spending more time at home preparing meals. Wouldn't it be great if there was a fun way to stimulate creativity in the kitchen all while holding the potential to win cash and prizes? Well there is!

The Minnesota Cultivated Wild Rice Council is ready to reward you for your recipes when you compete in the 11th Annual “*Get Wild with Wild Rice*” recipe contest. Participants can bring home cash prizes and bragging rights for the most innovative and delicious wild rice recipe. Recipes must be original creations and feature the one-of-a-kind flavor of the only cereal grain native to North America – wild rice.



Smoky Wild Rice Zuppa Toscana
2019 Contest Finalist

Here's how it works – submitted recipes go head-to-head in a taste test conducted by our culinary specialists. Participants have four 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; 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; and 4) one finalist will have the opportunity to compete at the 2020 World Food Championships.

The contest opens April 24, with a deadline of June 7 for recipe submissions. Culinary creations need to include ¼ cup of cooked wild rice per serving and at least one of these sponsor's products: Just BARE®, Minnesota Beef Council, Minnesota Pork Board, and Northern Canola Growers Association.

The “*Get Wild with Wild Rice*” Contest serves as an Automatic Qualifier for the 2020 World Food Championships in Dallas, TX. One lucky winner will receive a Golden Ticket (which includes event registration), qualifying them to compete for a total purse of \$350,000 in cash and prizes! Visit mnwildrice.org for full contest details.

In its 11th year, this popular contest has produced scores of “wildly” imaginative recipes demonstrating the creativity of our contestants as well as the versatility of wild rice. See for yourself – for contest finalists and other wild rice recipes, visit one of the most extensive wild rice recipe libraries in the world (mnwildrice.org/search.php).

To receive your free copy of the Council's latest recipe brochure, *Minnesota Wild Rice Recipes & Answers to Frequently Asked Questions*, featuring 2019 contest winning recipes, 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

Recipe for photo:

SMOKY WILD RICE ZUPPA TOSCANA

Mary Shivers, Ada, OK

- 8 slices hickory smoked bacon
- 1 lb lean ground pork
- 1 small yellow onion, diced
- 1 medium red bell pepper, seeded and diced
- 2 tsp minced garlic
- 3 cans (14.5 oz each) chicken broth
- ½ tsp each: smoked paprika, salt, and ground black pepper
- 2 cups cooked wild rice
- 1½ cups thinly sliced fresh spinach leaves, stems removed
- 2 tbsp finely snipped fresh basil leaves
- 1 cup heavy cream
- 1½ cups Crystal Farms® Shaved Parmesan Cheese, garnish
- 8 small basil sprigs, garnish

In large saucepan, cook bacon until crispy; chop and set aside. In same saucepan, cook pork, onion, and bell pepper. Add garlic; cook 2 minutes. Drain. Add broth, paprika, salt, and pepper; bring to boil. Add remaining ingredients; heat through. Garnish. 8 servings.

Notes to Editor:

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!***