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FOOD EDITORS RELEASE

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TAKE A “WOK” ON THE “WILD” SIDE

Wild Rice Adds Flair to Asian Favorites!

Cooking in a wok is a centuries-old, fun, and healthy, way to prepare your favorite Asian meals. Woks can be used to deep-fry, steam, and simmer. But the most well-known and traditional use of the wok is everyone’s favorite – *stir-frying*. Stir-fry and fried rice recipes, particularly those that feature exotic flavors, brilliant colors and alluring aromas, are a fundamental part of the Asian food experience.

For a *wild* twist on your favorite Asian recipe, why not replace traditional white rice with wild rice instead? Not only does wild rice add pizzazz and panache to your favorite Asian recipe, but an equal serving of wild rice contains fewer calories, fewer carbs, more than twice the fiber, and more nutrition than its white rice counterpart. In addition, wild rice has a distinctive texture and a nutty flavor that adds a unique twist to your stir-fry favorites.

So take a “wok” on the wild side... the *wild rice* side that is. These recipes will leave mouths watering from here to Bangkok.

Wild Pork Stir-Fry

Featuring delicious pork tenderloin, roasted peanuts, wild rice, sugar snap peas, red pepper and dried cherries, *Wild Pork Stir-Fry* is a tasty blend of savory and sweet. Dressed with a mixture of honey, soy sauce, cider vinegar, and red pepper flakes, this stir-fry is a quick and easy dinner option bursting with color and flavor.

BBQ Crab Fried Rice

Fried rice is a satisfying Asian staple with many variations. *BBQ Crab Fried Rice* is a new twist on this old favorite which combines wild rice with crab, baby sweet peas, water chestnuts, green onion, eggs and barbeque sauce into a dish that can be served as a tasty side or the main feature.

Thai Beef & Wild Rice Lettuce Wraps

For an unforgettable main course, or a fantastic hors d’oeuvre, try *Thai Beef & Wild Rice Lettuce Wraps*. By combining lean ground beef, green onion, red pepper, wild rice, and toasted almonds with your favorite stir-fry sauce, you’ll create a lip-smacking Asian masterpiece. Want to turn up the heat? Add extra dried chili pepper flakes to tempt you taste buds!

Healthy, nutritious and delicious – no wonder wild rice, known as the “Caviar of Grains™,” 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 40 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” or precious grain. 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 just start 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 its nutty texture and unique flavor to each dish it touches. 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 and panache:

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: 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 with wild rice for a lovely, no-fuss accompaniment to grilled tuna, salmon or trout.



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.

These easy-to-prepare Asian dishes will add flavor and flair to your meals and leave your family and friends begging for more.

Act now to receive your free copy of our latest recipe brochure which includes many more wild rice recipes. The Minnesota Cultivated Wild Rice Council has included soups, appetizers, salads, entrees and side dishes in their latest edition of “Minnesota Cultivated Wild Rice Recipes and Answers to Often Asked Questions.” To receive your free recipe brochure, send a self-addressed-stamped-envelope to:



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Newest Recipes
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WILD PORK STIR-FRY

- 1 lb pork tenderloin, cut in strips
- 2 tbsp canola oil
- 3 cups cooked wild rice
- $\frac{3}{4}$ cup dry roasted peanuts
- 1 can (8 oz) sliced water chestnuts, drained
- 1 pkg (9 oz) Green Giant® Simply Steam® Sugar Snap Peas, prepared as directed on pkg, drained
- $\frac{1}{2}$ cup chopped red onion
- $\frac{1}{2}$ cup chopped red pepper
- $\frac{1}{4}$ cup dried cherries
- salt and pepper, to taste

Dressing (whisk together):

- 2 tbsp cider vinegar
- 2 tbsp honey
- 2 tbsp soy sauce
- $\frac{1}{4}$ tsp red pepper flakes

In a large skillet or wok, sauté pork in oil. Stir in wild rice, peanuts, water chestnuts, peas, onion, red pepper, and cherries; stir in dressing to coat. Season to taste. 6-8 servings.

BBQ CRAB FRIED RICE

- 3 cups cooked wild rice
- 1 pkg (8 oz) Louis Kemp® Crab Delights® (any style), shredded
- 1 pkg (9 oz) Green Giant® Simply Steam® Baby Sweet Peas, prepared as directed on pkg
- 1 can (8 oz) sliced water chestnuts, drained
- 1 cup sliced green onion
- 2 tbsp canola oil
- 2 eggs, slightly beaten
- $\frac{1}{2}$ cup Wee Willy's® Original Barbeque Sauce

In large skillet or wok, sauté wild rice, crab, peas, water chestnuts and onion in oil. Heat through; swirl eggs into mixture; stir until eggs are cooked. Stir in barbeque sauce. 4-6 servings.

THAI BEEF & WILD RICE LETTUCE WRAPS

- 1 lb extra lean ground beef or chuck
- 2 tsp dark or toasted sesame oil
- Salt and pepper, to taste
- 1 pkg (1 lb) cole slaw mix
- 3 green onions, sliced diagonally
- 1 small red bell pepper, thinly julienned
- $\frac{1}{2}$ cup minced fresh cilantro
- 4 cups cooked wild rice
- $\frac{3}{4}$ cup stir fry sauce
- $\frac{1}{2}$ cup slivered almonds, toasted
- $\frac{1}{4}$ tsp crushed dried chili pepper flakes
- 8 large lettuce leaves, washed and dried

In a large skillet or wok, brown beef in oil, season with salt and pepper. Drain; set aside. In large bowl, toss remaining ingredients, except lettuce, with beef. Spoon apx. 1 cup filling on each lettuce leaf; wrap up burrito style. Serve immediately. 4-8 main servings.

Note: Great appetizers – use butter lettuce leaves in place of large leaves. Roll and secure each with a toothpick. 24-32 appetizers.

Wild Pork Stir-Fry

Credit: Minnesota Cultivated Wild Rice Council



BBQ Crab Fried Rice

Credit: Minnesota Cultivated Wild Rice Council



Thai Beef & Wild Rice Lettuce Wraps

Credit: Minnesota Cultivated Wild Rice Council



Notes to Editor:

For an electronic copy of the photos please 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 ?'s* brochure. Due to limited funding, it is necessary for readers to send a business size S-A-S-E (we are unable to fill phone or email requests).

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