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FOOD EDITORS RELEASE

October 2015

Contact: Beth C. W. Nelson, President

***WILD BACON-BLEU STUFFED FILET MIGNON, WILD RICE CHICKEN CHOWDER***  
**TAKE HOME PEOPLE'S CHOICE & GRAND PRIZE AWARDS IN WILD RICE COMPETITION!**  
***"Get Wild with Wild Rice" Contest Winners***

Two recipes emerged as the winners in the Minnesota Cultivated Wild Rice Council's "Get Wild with Wild Rice Recipe Contest" – *Wild Bacon-Bleu Stuffed Filet Mignon* and *Wild Rice Chicken Chowder*.

The "Get Wild with Wild Rice" Recipe Contest is an annual, nationwide event, attracting participation from every corner of the country. Imaginative, traditional, and sometimes bizarre wild rice creations were submitted in the categories of: soups, appetizers, salads, entrées, and sides offering a diverse combination of ingredients and uses.

After careful deliberation, recipes were narrowed to 10 finalists which vied for two awards - the People's Choice Award given to the finalist garnering the most online votes during the month of September (National Rice Month) and the Grand Prize given to the recipe chosen by a panel of judges headed by Chef Ken Goff.

The People's Choice Award winner, as determined by a month-long, online poll, was *Wild Bacon-Bleu Stuffed Filet Mignon* submitted by Sharon Holland of St. Louis Park, MN. In addition to winning \$250, Sharon also earned a Golden Ticket to compete in the 2015 World Food Championships in Kissimmee, FL, with a total purse of \$300,000 in cash and prizes.

Chef Ken Goff, one of Minnesota's first chefs to emphasize local sourcing and whose resume includes impressive stints at La Tortue, 510 Groveland, the Loring Cafe, Faegre's, and Nigel's before his two-decade tenure as executive chef at the Dakota Jazz Club, led a panel of judges tasked with selecting which recipe which would take home the grand prize. Relying on his more than 30 years of culinary experience and training, Goff and the judges ultimately chose *Wild Rice Chicken Chowder* submitted by Roxanne Chan of Albany, CA, as the Grand Prize Winner. Goff remarked *Wild Rice Chicken Chowder* is not your "grandma's chowder" but demonstrates a 'classic use' of wild rice with a combination of ingredients demonstrating finesse and creativity.

***People's Choice Winner – Wild Bacon-Bleu Stuffed Filet Mignon (Sharon Holland, St. Louis Park, MN)***

Filet mignon tender enough to cut with a fork, stuffed with spinach, bacon, wild rice, thyme, and bleu cheese makes our People's Choice winning recipe simply irresistible. *Wild Bacon-Bleu Stuffed Filet Mignon* is an elegant creation sure to impress even your most discriminating guests, yet easy enough to prepare for that special family occasion as well.

***Grand Prize Winner – Wild Rice Chicken Chowder (Roxanne Chan, Albany, CA)***

Our Grand Prize winning recipe is a home-style comfort food, perfect for warming your body on those long, cold winter nights. *Wild Rice Chicken Chowder* combines wild rice with ground chicken, cream-style and niblets corn, spinach, and shredded cheese for a deliciously hearty meal your whole family will love.

*(All 2015 recipe finalists are featured on the Council's recipe library under the "Contest Finalist" category. For these and other wild rice recipes, visit [www.mnwildrice.org/search.php](http://www.mnwildrice.org/search.php) to access the world's largest online wild rice recipe library.)*

To receive your free copy of the Council's latest recipe brochure, "*Minnesota Cultivated Wild Rice Recipes and Answers to Often Asked Questions*," featuring contest winning recipes and other wild rice favorites, including soups, appetizers, salads, entrées, 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.

**WILD BACON-BLEU STUFFED FILET MIGNON**

*Sharon Holland, St. Louis Park, MN*

- 4 8 oz filet mignon (tenderloin steaks), 2" thick
- 3 tbsp canola oil
- 4 strips thick cut bacon, diced
- 1 cup cooked wild rice
- 1 cup diced baby portabella mushrooms
- 1 box (9 oz) frozen Green Giant® Steamers Chopped Spinach, thawed and squeezed to remove moisture
- 4 garlic cloves, minced
- ¼ cup dry sherry
- 1 tbsp minced fresh thyme
- salt and pepper to taste
- 1 cup crumbled bleu cheese
- 2 tbsp Sargento® Artisan Blends® Shredded Parmesan Cheese

Preheat oven to 400°F. In large skillet, sear steaks in oil, 5 minutes each side; cool. In skillet, fry bacon. Stir in wild rice, mushrooms, spinach, and garlic; coat with drippings. Stir in sherry; cook until nearly evaporated. Cool slightly. Stir in seasonings and bleu cheese. Cut deep "X" into filets, lift corners and snip to make flap; stuff with mixture, top with parmesan; roast 20-30 minutes. 4 servings.

**WILD RICE CHICKEN CHOWDER**

*Roxanne Chan, Albany, CA*

- 1 pkg (16 oz) Gold'n Plump® Ground Chicken
- 2 tbsp canola oil
- ½ cup chopped onion
- ¼ cup each chopped: celery and red pepper
- 1 tsp poultry seasoning
- 2 tbsp flour
- 2 cups chicken broth
- 1 can (14.75 oz) Green Giant® Cream Style Sweet Corn
- 1 box (9 oz) frozen Green Giant® Steamers Niblets® Corn
- 1½ cups half and half
- 2 cups cooked wild rice
- 1 box (9 oz) frozen Green Giant® Steamers Chopped Spinach, thawed and squeezed to remove moisture
- 1 tsp lemon zest
- ½ tsp each: ground pepper and salt
- ⅓ cup Sargento® Chef Blends® Shredded 4 State Cheddar® Cheese, divided

In large saucepan, brown chicken in oil. Add onion, celery, red pepper, and poultry seasoning; cook 3 minutes, stirring occasionally. Add flour, stirring until bubbly; gradually stir in broth. Stir in cream style corn, niblets corn, and half and half; cover and simmer 5 minutes. Stir in wild rice, spinach, zest, pepper, and salt; heat through. Adjust seasonings. Spoon into bowls; top with cheese. 4 servings.

**Notes to Editor:**

For an 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 *Minnesota Cultivated Wild Rice Recipes and Answers to Often Asked Questions* brochure. Due to limited funding, readers need to send a business size self-addressed-stamped-envelope to:

**Minnesota Cultivated Wild Rice Council**

Newest Recipes  
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**Wild Bacon-Bleu Stuffed Filet Mignon**

Credit: Minnesota Cultivated Wild Rice Council



**Wild Rice Chicken Chowder**

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