

MINNESOTA CULTIVATED WildRice COUNCIL

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FOOD EDITORS RELEASE

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Put Your Cooking Expertise to Work

Get Wild with Wild Rice Recipe Contest – New Categories!

Let's be honest. We've all been forced to do more home-cooking over the past year than we're probably accustomed to. With restaurant closures and limited dining options, we've had to get creative in the kitchen in order to keep meals fresh, new, and exciting. Wouldn't it be great if there were a way to put all of your newly-acquired culinary experience to work in a way that could earn you cash, prizes, and the opportunity to compete in the World Food Championships? What if I told you ***there is!***



*Thai Wild Rice Coconut Chicken Soup
2020 Grand Prize Winner*

The Minnesota Cultivated Wild Rice Council is encouraging creative, imaginative, and resourceful contestants to put their talent and experience in the kitchen to work by competing in the 12th Annual “*Get Wild with Wild Rice*” recipe contest. But be warned, participants will definitely need to bring their ‘*A-Game*’ this year in order to 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.

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 lucky recipe chosen by a panel of judges; 3) in September, National Rice Month, America will vote for its favorite recipe online for the \$250 People's Choice Award; and 4) one contestant will have the opportunity to compete in the 2021 World Food Championships. New recipe categories this year include: Allergen Free; 5 Ingredients or Less; Meals for Two; and Healthy Eats (*see official rules for details*).

The contest opens May 28, with a deadline of July 5 for recipe submissions. Culinary creations need to include ¼ cup of cooked wild rice per serving and at least one sponsor product from 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 2021 World Food Championships in Dallas, TX. One lucky contestant will compete for a total purse of \$300,000 in cash and prizes! Visit mnwildrice.org for full contest details.

In its 12th 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 2020 contest winning recipes, including soups, appetizers, salads, side dishes, and entrees, 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:

THAI WILD RICE COCONUT CHICKEN SOUP

Nancy Judd, Alpine, UT

- 8 oz sliced mushrooms
- 1 cup chopped onion
- 1 medium red bell pepper, chopped
- 1 tbsp ginger paste
- 3 cloves garlic, minced
- 1 tbsp butter
- 2 tbsp canola oil
- 1 tbsp toasted sesame oil
- 4 cups chicken broth
- 1 can (13.5 oz) coconut milk
- 1-4 tbsp Thai red curry paste, to taste
- ¼ cup creamy peanut butter
- 2 tbsp fish sauce
- ¼ cup low sodium soy sauce
- 3 tbsp brown sugar
- 1 tsp lime zest
- ½ tsp cayenne pepper
- 2½ cups chopped Just Bare® Deli Rotisserie Chicken – Original Flavor
- 1 small lime, juiced
- 3 cups fresh baby spinach leaves
- ⅓ cup roughly chopped fresh cilantro
- 3 cups cooked wild rice
- ¼ cup fresh basil, cut in thin strips, garnish
- ¼ cup fresh cilantro sprigs, garnish
- ½ cup chopped peanuts, garnish
- 4-5 radishes, thinly sliced, garnish
- 6 thin slices lime, garnish

In large saucepan, sauté first 5 ingredients in butter and oils until tender; stir often so garlic doesn't burn. Add broth, coconut milk, curry paste, peanut butter, fish sauce, soy sauce, brown sugar, lime zest, cayenne pepper, and chicken; stir well. Simmer 10-15 minutes; remove from heat. Stir in lime juice, spinach, and cilantro; let spinach wilt. Place wild rice in 6 bowls; ladle soup on top. Garnish. 6 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 farmers – **thanks!**