

MINNESOTA CULTIVATED WildRice COUNCIL

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FOOD EDITORS RELEASE

Contact: Beth C. W. Nelson, President; Chelsea Russell, Communication Director

Contestants in Store for a “Wild” Spring

13th Annual “Get Wild with Wild Rice” Recipe Contest Kicks Off!

Aspiring chefs, culinary professionals, or those who simply enjoy cooking and the culinary arts, prepare yourselves for a “wild” spring! If you’ve got the “chops” to match your cooking skills against others from across the country in a highly competitive, national competition of culinary creativity, then it’s sure to be a “wild” (rice) spring!

The Minnesota Cultivated Wild Rice Council is looking for talented, imaginative, and adventurous contestants to put their culinary flair and expertise in the kitchen to work by competing in the 13th Annual “Get Wild with Wild Rice” recipe contest. All recipes entered must feature the deliciously distinctive flavor of the only cereal grain native to North America – wild rice!

Don’t take this challenge lightly! You’ll need to be at your creative best to win our Grand Prize and People’s Choice Awards and take home cash prizes and bragging rights for the most innovative and delicious wild rice recipe of 2022. One finalist will receive our Golden Ticket for the World Food Championships. If last year’s contest, in which *Wild Rice Chicken Alfredo for Two* and *Date Night Wild Rice Tarts* tied for the grand prize, is any indication of the quality of potential entrants in 2022, this year’s contest will be more competitive than ever. Recipes must be original creations and feature the one-of-a-kind flavor of 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 finalist will receive our Golden Ticket to compete in the 2022 World Food Championships.

The contest opens May 9, with a deadline of June 13 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 is an Elite Qualifier for the 2022 World Food Championships in Dallas, TX. One lucky finalist will be able to compete in this high stakes food competition, which has awarded more than \$2.5 million in cash to culinary talent! Visit mnwildrice.org for full contest details.

Now in its 13th 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).



Wild Rice Chicken Alfredo for Two (top) and Date Night Wild Rice Tarts tie for the Council’s 2021 Grand Prize.

To receive your free copy of the Council's latest recipe brochure, *Minnesota Wild Rice Recipes & Answers to Frequently Asked Questions*, featuring 2021 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:

WILD RICE CHICKEN ALFREDO FOR TWO

Jamie Parchman, Harlingen, TX

- 4 Just Bare® Chicken Breast Tenderloins, cubed
- 1 tbsp canola oil
- ½ tsp each: salt and freshly ground black pepper, divided
- 4 oz cream cheese, cubed
- 3½ tbsp butter with canola oil
- ¾ cup whole milk
- ¾ cup shredded Parmesan cheese, divided
- 1 clove garlic, minced
- 2½ cups cooked wild rice

In large skillet, stir-fry chicken in oil; season with ¼ tsp each salt and pepper. Set aside. In same skillet, stir cream cheese and butter until cheese starts to melt. Stir in milk, ½ cup Parmesan, garlic, and remaining salt and pepper; cook, stirring constantly 3 minutes. Fold in wild rice and chicken. Sprinkle with remaining Parmesan. 2 servings.

DATE NIGHT WILD RICE TARTS

Pamela Gelsomini, Wrentham, MA

- 4 slices bacon, chopped into ½" pieces
- 1 cup chopped leek, white and light green parts
- 2 cloves garlic, chopped
- 1 cup cremini mushrooms, chopped
- ½ lb Just Bare® Boneless Skinless Chicken Breast Fillets, cut into bite-size pieces
- ½ tsp each: salt and ground black pepper
- 1 cup cooked wild rice
- 1 sheet frozen puff pastry, thawed
- 1 pkg (5.2 oz) garlic and herb cheese
- ¾ cup shredded Gruyère cheese
- 1 egg yolk
- 2 tsp water
- 2 tsp chopped chives, garnish
- 2 tbsp microgreens, garnish

Preheat oven to 400°F. In large skillet, cook bacon until crispy. Add leek, garlic, and mushrooms; cook until softened. Add chicken; stir frequently until barely cooked through. Stir in salt, pepper, and wild rice. Remove from heat; cool slightly while preparing dough. Place pastry on a lightly floured surface. Using rolling pin, roll into a 11" x 13" rectangle; cut dough in half forming two 11" x 6½" rectangles. Place on large parchment paper lined baking sheet. Crumble garlic and herb cheese evenly over both; leave 1" of dough exposed around edges. Top with cooled filling; sprinkle with Gruyère. Pulling slightly, fold edges over filling leaving center exposed; pinch edges together. In small bowl, combine yolk and water; brush over dough edges. Bake 15 minutes until puffed and golden brown. Garnish. 2 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!**