

# MINNESOTA CULTIVATED WildRice COUNCIL

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## FOOD EDITORS RELEASE

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

## If You Can Stand the Heat, Get *Into* the Kitchen

**15<sup>th</sup> Annual “Get Wild with Wild Rice” Recipe Contest Kicks Off!**

Are you an aspiring chef, culinary professional, or someone who has a competitive spirit and enjoys cooking? If so, prepare yourself for the intense ‘heat’ you’re sure to endure in a nationwide competition where contestants match their recipe building skills against one another from across the country in an intense battle of culinary skills. The “*Get Wild with Wild Rice*” recipe contest kicks off soon and is looking for cooking enthusiasts just like you!

The Minnesota Cultivated Wild Rice Council is seeking creative, passionate, and imaginative contestants to put their inspired culinary flair and expertise to work in the 15<sup>th</sup> Annual “*Get Wild with Wild Rice*” recipe contest. All recipes must be original creations and must feature the deliciously distinctive flavor of the only cereal grain native to North America – wild rice!

In order to compete, 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 2024. Additionally, one finalist will receive our Golden Ticket for entry into the World Food Championships. Don’t take this challenge lightly, last year’s winning recipes have set a high bar of culinary excellence with *Wild Rice Beer Bread with Maple Spread* and *Wild Rice Lettuce Wraps with Kimchi* which took home the Grand Prize and People’s Choice Awards, respectively.

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* prize packs; 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 2024 World Food Championships.

The contest opens May 10, with a deadline of June 10 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, Minnesota Turkey Research & Promotion Council, and Northern Canola Growers Association.

Now in its 15<sup>th</sup> 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](http://mnwildrice.org/search.php)).

The “*Get Wild with Wild Rice*” Recipe Contest is an Elite Qualifier for the 2024 World Food Championships in Indianapolis, IN. One lucky finalist will be able to compete in this high stakes food competition which has awarded more than \$3 million in cash to culinary talent! Visit [mnwildrice.org](http://mnwildrice.org) for full contest details.



*Wild Rice Beer Bread with Maple Spread* (top) and *Wild Rice Lettuce Wraps with Kimchi* won the Council’s 2023 Grand Prize and People’s Choice Awards.

To receive your free copy of the Council's latest recipe brochure, *Minnesota Wild Rice Recipes & Answers to Frequently Asked Questions*, featuring 2023 contest winning recipes, including soups, salads, appetizers, sides, and entrees, send a self-addressed-stamped-envelope to:



Minnesota Cultivated Wild Rice Council  
Newest Recipes  
4630 Churchill St., #1  
St. Paul, MN 55126

Recipes for photos:

**WILD RICE BEER BREAD WITH MAPLE SPREAD**

*Laura Kurella, Wellston, MI*

- 1 cup cooked wild rice
- 2½ cups flour
- 1 tbsp baking powder
- 1 tsp sea salt
- ½ cup sugar
- 12 oz nitro stout, warmed
- ⅓ cup high-quality butter, melted
- 1 tbsp canola oil

**Spread (blend in mixer; chill):**

- 4 oz unsalted butter, softened
- 2 oz Neufchâtel cheese
- ½ tsp salt
- 2 oz pure maple syrup
- 1 oz canola oil
- 1 oz nitro stout

Preheat oven to 350°F. In large bowl, combine wild rice and flour. Stir in baking powder, salt, and sugar. Add stout; fold mixture until dough is well incorporated. Place in prepared loaf pan; spread evenly. Use a spatula to make a channel down the center. In small cup, combine butter and canola oil; pour into channel. Bake 30 minutes. Rotate pan; bake 25 minutes. Rest 10 minutes. 4 servings.

**WILD RICE LETTUCE WRAPS WITH KIMCHI**

*Amy Fossett, Severn, MD*

- 2 tsp each, minced: fresh garlic and fresh ginger
- 1 lb ground pork
- 2 tsp canola oil
- 4 tbsp soy sauce
- 3 tbsp Gochujang sauce
- 2 tbsp rice vinegar
- 2 tbsp apricot preserves
- 4 tbsp honey
- 2 cups cooked wild rice
- 4 large Bibb lettuce leaves
- 1 cup kimchi, chopped
- Sriracha sauce, garnish

In large skillet, stir-fry garlic, ginger, and pork in oil. Stir in soy sauce, Gochujang sauce, vinegar, preserves, and honey. Stir in wild rice; remove from heat. Top each lettuce leaf with ½ cup wild rice mixture and ¼ cup kimchi. Garnish. 4 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 ½ pound of cultivated wild rice. If you cannot accept the wild rice, we'd still appreciate a clipping to show our farmers – **thanks!**