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FOOD EDITORS RELEASE

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ZESTY SKILLET, WILD RICE SLIDERS EARN TOP HONORS IN WILD RICE CONTEST! ***“Get Wild with Wild Rice” Recipe Contest Winners Announced***

In what turned out to be one of the closest races in the history of the Minnesota Cultivated Wild Rice Council's "Get Wild with Wild Rice Recipe Contest," two recipes emerged victorious from a host of "wildly" imaginative recipes submitted by innovative cooks across the nation.

The 2013 "Get Wild with Wild Rice" Recipe Contest was truly a nationwide event, attracting participation from all corners of the country including Alaska, Florida, New York, Hawaii, and states in between. Close to 100 new, mouthwatering, 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 by the Council's culinary specialists, recipes were narrowed to 10 finalists which then vied for two awards - a \$500 Grand Prize awarded to the recipe chosen by celebrity judges and a \$250 People's Choice Award given to the finalist garnering the most votes on the Council's website during the month of September – National Rice Month.

Stephanie March, food editor and radio personality, and Joy Summers, a freelance food writer, had the enjoyable yet difficult task of determining which recipe would take home the highly coveted grand prize. After much consternation, the judges ultimately chose *Zesty Wild Rice Skillet* as the winner. The judge's honorable mentions were: *Spirited Wild Rice Sliders* and *Thai Wild Rice & Chicken Soup*. The People's Choice winner, as determined by more than 1,600 online votes, went to *Spirited Wild Rice Sliders*.

All 2013 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 to access the world's largest online wild rice recipe library.

Grand Prize Winner – Zesty Wild Rice Skillet (Katie Schlick, St. Cloud, MN)

This recipe features wild rice with marinated chicken, bacon, onion, Tuscan-seasoned broccoli, and Parmesan cheese for a deliciously vibrant blend of flavors. *Zesty Wild Rice Skillet* is easy-to-prepare and provides a great opportunity to incorporate the great taste of wild rice into your everyday meals.

People's Choice Winner – Spirited Wild Rice Sliders (Lisa Keys, Kennett Square, PA)

Add a little savory to your meals with the unique taste of *Spirited Wild Rice Sliders*, which combines ground beef and pork, chicken sausage, dried apricot, Apricot Bourbon BBQ sauce, and wild rice for a perfect combination of sweet and tangy. *Spirited Wild Rice Sliders* make a perfect appetizer or a hearty main course option.

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.

ZESTY WILD RICE SKILLET

Katie Schlick, St. Cloud, MN

- 1 pkg (14 oz) Gold'n Plump® Extra Tender™ Chicken Stir Fry Pieces
- ⅓ cup Famous Dave's® Chicken Marinade
- 1 tsp canola oil
- 4 strips bacon, cooked, crumbled
- ½ red pepper, julienned
- 1 small onion, julienned
- 2 cups cooked wild rice
- 1 pkg (11.5 oz) frozen Green Giant® Seasoned Steamers™ Tuscan Seasoned Broccoli, prepared as directed on pkg
- 2 tbsp Famous Dave's® BBQ Sauce, Sweet & Zesty
- ¼ cup Sargento® Artisan Blends® Shredded Parmesan Cheese

In small bowl, coat chicken with marinade. In large skillet, sauté chicken in oil. Stir in remaining ingredients; heat through. 6 servings.

SPIRITED WILD RICE SLIDERS

Lisa Keys, Kennett Square, PA

- 1 cup cooked wild rice
- 6 oz ground beef
- 6 oz ground pork
- 1 link Gold'n Plump® Parmesan Italian Chicken Sausage, casing removed
- ¼ cup finely diced dried apricots
- ¼ cup finely diced onion
- 1 tsp kosher salt
- ½ tsp smoked paprika
- ½ cup Famous Dave's® BBQ Sauce, Apricot Bourbon, divided
- 1 cup Sargento® Chef Blends™ Shredded 6 Cheese Italian
- 12 slider buns, toasted

In large bowl, mix wild rice, meat, apricots, onion, salt, and paprika; form into 12 small patties. Grill over medium heat; baste patties with half of the BBQ sauce; top with cheese. Serve on buns with remaining BBQ sauce. 4 servings.

THAI WILD RICE & CHICKEN SOUP

Julie DeMatteo - Clementon, NJ

- 1 pkg (20 oz) Gold'n Plump® All Natural™ Boneless Skinless Chicken Breast Fillets, cubed
- 2 tbsp canola oil
- 1½ tsp minced garlic
- 2 tsp bottled fresh ground ginger
- 1 tsp red Thai curry paste
- 1 can (14 oz) chicken broth
- 1 can (13.5 oz) coconut milk
- 2 cups cooked wild rice
- 1 can (8 oz) sliced water chestnuts, drained
- ¼ cup diced red pepper
- 1 pkg (9 oz) frozen Green Giant® Simply Steam® Broccoli Cuts, prepared as directed on pkg
- ¼ cup orange stir-fry sauce
- 1 tsp sesame oil
- ¼ cup fish sauce
- 2 tbsp lime juice
- ¼ cup chopped fresh basil
- ¼ cup chopped fresh mint

In large saucepan, sauté chicken in oil. Stir in garlic, ginger, and curry paste; saute 30 seconds. Add broth and whisk until curry paste is dissolved. Stir in remaining ingredients except lime juice, basil, and mint; simmer 6 minutes. Stir in remaining ingredients. 8 servings.

Notes to Editor:

For an electronic copy of the photos call or email our office. If emailing, please specify your preferred photo format.

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 ½ pound of cultivated wild rice. If you cannot accept the wild rice, we'd still appreciate a clipping to show our growers — **thanks!**

Zesty Wild Rice Skillet

Credit: Minnesota Cultivated Wild Rice Council



Spirited Wild Rice Sliders

Credit: Minnesota Cultivated Wild Rice Council



Thai Wild Rice & Chicken Soup

Credit: Minnesota Cultivated Wild Rice Council

