



4630 Churchill Street, #1, St. Paul, MN 55126 • Phone: 651.638.1955 • Fax: 651.638.0756 • wr@mnwildrice.org

FOOD EDITORS RELEASE

Contact: Beth C. W. Nelson, President

HOLIDAY TRADITIONS THEY'LL GOBBLE UP

Over the holidays, you get together to celebrate, make memories, and share good food with the special people in your life. You'll devote time to creating the perfect menu, blending holiday tradition with a few new twists to earn you rave reviews.

Letting your menu go a little 'wild' with a star-studded turkey centerpiece, oven roasted to golden brown and trimmed with *Wild Rice Apricot Stuffing*, is sure to offer you the wow-factor you are searching for. This flavorful new twist on a traditional sausage-based stuffing combines apricots, sausage, wild rice and more.

But don't stop there. Leave the white dinner rolls at the bakery and wow your guests with *Wild Rice Multi Grain Bread*. Fresh, warm, and right out-of-the-oven, this bread pairs wild rice with sunflower seeds sure to earn you compliments.

So, make wild rice a staple in your holiday menu traditions. You can incorporate it in a plethora of ways - breads, appetizers, salads, stuffings and more. Add it to your favorite recipes or search the world's largest wild rice recipe library for other ideas on how to turn your holiday traditions into tasty morsels your guests will gobble up (www.mnwildrice.org/search.php).

Wild Rice Apricot Stuffing

For a flavorful new twist on a traditional sausage-based stuffing try *Wild Rice Apricot Stuffing*. This delicious complement to your holiday turkey combines pork sausage with dried apricot, apricot preserves, sliced green onion, and wild rice for a slightly sweet stuffing your guests will love.

Wild Rice Multi Grain Bread

Fresh, warm, and right-out-of-the-oven, *Wild Rice Multi Grain Bread*, teeming with wild rice and topped with slightly salted sunflower seeds will surprise your guests with the perfect alternative to the overused white dinner rolls.

WILD RICE APRICOT STUFFING

- 12 oz pork sausage
- ¾ cup sliced green onion
- ¾ cup chopped celery
- ¼ cup butter
- 1 cup bread crumbs
- 3 cups cooked wild rice
- ¾ cup chopped dried apricots
- ½ tsp thyme
- 1 tsp rosemary, crushed
- ¼ tsp salt
- 1 cup chicken broth
- 1 egg, beaten

Apricot Glaze

- 1 jar (12 oz) apricot preserves
- 2 tbsp lemon juice
- 1 tbsp butter

Preheat oven to 350°F. In medium skillet, brown sausage; drain and set aside. In small skillet, saute onion and celery in butter until tender. In large bowl, combine sausage, onions, celery, bread crumbs, wild rice, apricots, thyme, rosemary and salt. Stir in broth and egg. Place in buttered 2 quart casserole. Cover and bake for 25 minutes. Uncover and continue baking 10 minutes. (Will also stuff a 10 lb turkey.)

Glaze. In medium saucepan, combine glaze ingredients. Bring to a boil, reduce heat and simmer 10 minutes. Serve with turkey over apricot stuffing.

WILD RICE MULTI GRAIN BREAD

- 4-5 cups all-purpose flour
- 2 cups whole wheat flour
- ½ cup rye flour
- ½ cup uncooked rolled oats
- 1 pkg dry yeast
- 2 tsp salt
- ⅓ cup water
- 2 cups milk
- ½ cup honey
- 2 tbsp butter or margarine
- 1½ cups cooked wild rice
- 1 egg, beaten with 1 tbsp water
- ½ cup hulled sunflower seeds

Preheat oven to 375°F. In large bowl, combine 2 cups all-purpose flour, whole wheat flour, rye flour, rolled oats, yeast, and salt; mix well. In medium saucepan, heat water, milk, honey and butter until very warm (120°F to 130°F). Add warm liquid to flour mixture. Blend at low speed until moistened; beat 2 minutes at medium speed. Add wild rice. Cover and let rest 15 minutes. Stir in enough additional all-purpose flour to make a stiff dough. On floured surface, knead dough 10 minutes; add more flour as necessary to keep dough from sticking. Place in lightly greased bowl. Turn over, cover, and let rise until doubled, about 2 hours. Punch down. Knead briefly on lightly floured surface. Divide dough into thirds, shape into 3 strands; braid and place onto greased baking sheet to form a wreath. Let rise until doubled, about 45 minutes. Brush tops of loaves with egg mixture. Sprinkle with sunflower seeds. Bake for 45 minutes or until bread sounds hollow when tapped.

Makes 2 loaves (9-1/2" x 5-1/2" pan) or 18 bread sticks (apx. 12" long).

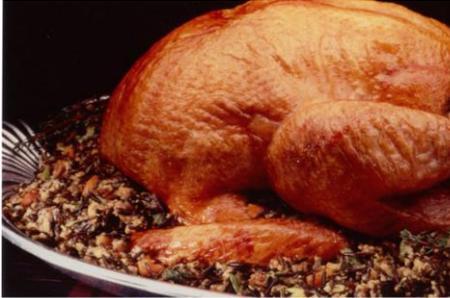
Notes to Editor:

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

Wild Rice Apricot Stuffing

Credit: Minnesota Cultivated Wild Rice Council



Wild Rice Multi Grain Bread

Credit: Minnesota Cultivated Wild Rice Council

