

# MINNESOTA CULTIVATED WildRice COUNCIL

4630 Churchill Street, #1, St. Paul, MN 55126 • Phone: 651.638.1955 • Fax: 651.638.0756 • [wr@mnwildrice.org](mailto:wr@mnwildrice.org) • [www.mnwildrice.org](http://www.mnwildrice.org)

## FOOD EDITORS RELEASE

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

## Imaginative Chefs Asked to “Get Wild”

*“Get Wild with Wild Rice” Recipe Contest Kicks Off with Cash & Prizes on the Line*

The Minnesota Cultivated Wild Rice Council is looking for creative, motivated, and imaginative contestants with the culinary skills necessary to compete in the 10<sup>th</sup> Annual “Get Wild with Wild Rice” recipe contest. Contestants need to be on top of their game to bring home cash prizes and bragging rights for the most innovative and delectable wild rice recipes. Recipes must be original creations and feature the one-of-a-kind flavor of the only cereal grain native to North America – wild rice.



Mexican Wild Rice Salad  
2018 Contest Finalist

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 winning recipe chosen by a panel of judges; 3) in September, National Rice Month, America will vote for its favorite recipe online and one lucky winner will receive the \$250 People’s Choice Award; and 4) one finalist will have the opportunity to compete at the 2019 World Food Championships.

The contest opens May 9, with a deadline of June 9 for recipe submissions. Your culinary creations need to include ¼ cup of cooked wild rice per serving and at least one of these sponsor’s products: Crystal Farms®, 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 2019 World Food Championships in Dallas, TX. One lucky winner will receive a Golden Ticket (which includes event registration), qualifying them to compete for a total purse of \$350,000 in cash and prizes! Visit [mnwildrice.org](http://mnwildrice.org) for full contest details.

In its 10<sup>th</sup> year, this popular contest has led to scores of “wildly” imaginative recipes demonstrating both 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)).

To receive your free copy of the Council’s latest recipe brochure, *Minnesota Wild Rice Recipes & Answers to Frequently Asked Questions*, featuring 2018 contest winning recipes, including soups, appetizers, salads, entrees, 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

Recipe for photo:

**WILD RICE MEXICAN SALAD**

*Emily Falke, Santa Barbara, CA*

- 1 pkg (14 oz) Just BARE® Chicken Tenderloins
- 1 tsp each: ground cumin, chili powder, and ground oregano
- 2 tbsp canola oil
- ½ lb bacon, cooked and crumbled
- 2 cups cooked wild rice
- 1½ cups Crystal Farms® Finely Shredded Marble Jack Cheese
- 1 bag (11 oz) frozen Honey Roasted Sweet Corn
- 4 scallions, thinly sliced
- 1 avocado, diced

Dressing (blend in food processor)

- ¼ cup sour cream
- 4 tsp mayonnaise
- 1 canned chipotle chili pepper in adobo sauce
- 2 tsp lime juice
- 4 tsp chopped cilantro
- 1 tsp minced garlic
- salt and pepper to taste

Sprinkle chicken with cumin, chili powder, and oregano. In large skillet, sauté chicken in oil until golden brown; cool. In large bowl, shred chicken and combine with remaining ingredients. Add dressing; toss. (Spring roll option: wrap ingredients equally in rice paper wrappers and use dressing for dipping). 6-8 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 growers – **thanks!**