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#### FOOD EDITORS RELEASE

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## WILD RICE CULINARY CREATIVITY PAY\$ OFF!

### *Win Cash & Prizes in the “Get Wild with Wild Rice” Recipe Contest*

If you're looking for ways for your culinary creativity to pay off, we've got the perfect opportunity for you - the Minnesota Cultivated Wild Rice Council's 4<sup>th</sup> Annual “Get Wild with Wild Rice” Recipe Contest. We're looking for inspired cooks to compete in this popular event. All recipes must feature the deliciously distinctive flavor of wild rice – the only cereal grain native to North America. New this year, more cash prizes and celebrity judges.

Here's how it works - recipes go head-to-head in a taste test conducted by our culinary specialists. Participants have three opportunities to win. First, up to 16 finalists will be selected, awarded a wild rice prize pack and their recipes will be featured in the Council's annual recipe brochure. Second, the \$500 Grand Prize will be awarded to the winning recipe as determined by our celebrity judges led by food editor and radio personality, Stephanie March. Lastly, recipes from our finalists will be posted in September for an online contest celebrating National Rice Month. America will vote for their favorite recipe and one lucky winner will receive a \$250 People's Choice Award. The deadline for recipe submission is June 14, 2013. Visit [www.mnwildrice.org](http://www.mnwildrice.org) for full contest details.

Since 2010, the “Get Wild with Wild Rice” Recipe Contest has attracted scores of delicious new recipes from wild rice lovers across the country. Entries are as distinctive as wild rice itself running the gamut from *Hawaiin Chicken Meatballs* to *Quick & Spicy Pork Wild Rice Soup* and include appetizers, soups, salads, entrées, sides, and desserts, all of which offer a diverse mix of ingredients and flavors. Enjoy the great taste and diversity of wild rice by trying these winning recipes from previous years:

**2012 Grand Prize Winner – Wild Rice & Sausage Frittata** (Anne Lauer, Hugo, MN) features wild rice with pork sausage, Vidalia onion, and Mozzarella and Parmesan cheeses for a deliciously distinctive creation. A frittata is the Italian version of the omelet and can be served as a creative option for a hearty breakfast.

**2011 Grand Prize Winner – Orange Beef** (Deborah Puette, Lilburn, GA) highlights wild rice with sirloin, green onions, ginger, and broccoli for a delicious creation with hints of citrus and garlic. While *Orange Beef* is easy to prepare, it can also serve as an upscale dinner option for special occasions.

**2010 Grand Prize Winner - Wild Rice Chicken Stir-Fry** (Lynne Akiko, Honolulu, HI) is a delicious and colorful entrée combining wild rice with tender chicken and crisp vegetables for a quick and healthy meal. Stir-fry is an Asian favorite pairing well with the unique taste and texture of wild rice.

For these and other wild rice recipes, visit one of the most extensive wild rice recipe libraries found online ([www.mnwildrice.org/search.php](http://www.mnwildrice.org/search.php)).

Healthy, nutritious, and delicious – no wonder wild rice is the grain of choice for those who love versatility, freshness, and flavor.



**Tradition!** Wild rice is rich with tradition. It has grown naturally in the clean, clear waters of the North for centuries and as an agricultural crop for over 50 years. Wild rice really isn't rice at all. It's the seed of *Zizania palustris*, a tall blooming water grass that prospers in the lush vegetation of the Great Lakes region. For many years, wild rice was an important staple food of Native American tribes. It was called "manoomin," which translates into "good berry." Today, most wild rice is cultivated, yet it remains a natural product.



**Simple & Convenient!** One great advantage of wild rice is that it can be cooked ahead of time, refrigerated or frozen, and added at the last moment to almost any dish. To prepare this convenient product, simply add one cup of uncooked, cultivated wild rice to 3-4 cups of boiling water. Cover, reduce heat, and simmer 30-45 minutes or until grains begin to open. Drain and store in re-sealable freezer bags. Cooked wild rice can be refrigerated up to one week or frozen up to six months.



**Gourmet Flair!** Wild rice adds flair to entrees, soups, and salads, lending its nutty texture and unique flavor to each dish. Keep cooked wild rice on hand to add elegance to your meals. Impress your family and friends by livening up some of your family favorites:

**Pilaf:** Stir in wild rice, dried cherries, and toasted almonds to cooked white or basmati rice for a quick but elegant accompaniment to your grilled meats.

**Pancakes:** Add texture and taste to your Sunday morning brunch by swirling wild rice into your pancake batter. Serve with maple syrup.

**Omelets:** Sauté fresh mushrooms in flavored oil. Add cooked wild rice and shredded Swiss or Gruyere cheese for a tasty filling.

**Italian Wild Rice Salad:** Combine chopped tomatoes, red onion, olives, and capers with a splash of Italian salad dressing and wild rice for a lovely, no-fuss accompaniment to grilled tuna, salmon, or trout.



**Nutritious!** Did you know wild rice has only 83 calories per ½ cup serving? It is a good source of fiber, protein, B-vitamins, and potassium. This nutritional grain is free of sodium, preservatives, and additives, making it the grain of choice for anyone who loves fresh ingredients, healthy dishes, and versatility.

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

**WILD RICE & SAUSAGE FRITTATA***Anne Lauer, Hugo, MN*

- 1 large Vidalia onion, sliced into ¼" thick rings
- 2 tbsp olive oil
- 1 pkg (7 oz) frozen Green Giant® Antioxidant Blend-Olive Oil Seasoning, prepared as directed on pkg
- 2 cups cooked wild rice
- 8 oz smoked pork sausage, cooked, diced
- 8 large eggs
- ⅓ cup half and half
- ¼ tsp each: salt and pepper
- ½ tsp Italian seasoning
- 1 cup Sargento® Fine Cut Shredded Mozzarella Cheese
- ⅓ cup Sargento® Artisan Blends® Shredded Parmesan Cheese

Preheat oven to 375°F. In ovenproof, non-stick 12" skillet, cook onion in oil until softened; arrange vegetables over onion. Spread wild rice and sausage evenly over vegetables; continue to cook. In small bowl, beat eggs, half and half, and seasonings; pour over skillet mixture. Do not stir; reduce heat. Cook until eggs begin to set around edges; sprinkle cheeses on top. In same skillet, bake until set all the way through and top is golden (about 15 minutes). Remove from oven; let rest 5 minutes. Run knife gently around edges; carefully invert onto a large plate. 6 servings.

**ORANGE BEEF***Deborah Puette, Lilburn, GA*

- 1½ lbs sirloin steak, cut into bite-size pieces
- zest and juice of a medium orange, reserve juice
- 1 tbsp sesame oil
- 4 green onions, thinly sliced
- 2 cloves garlic, minced
- 1 tbsp minced ginger
- ½ cup tamari
- 2 tbsp cornstarch
- 1 pkg (9 oz) frozen Green Giant® Simply Steam® Broccoli Cuts, prepared as directed on pkg, drained
- 1 can (8 oz) sliced water chestnuts, drained
- 3 cups cooked wild rice

In large skillet, sauté sirloin and orange zest in oil. Stir in onions, garlic, and ginger; cook 2 minutes. In small bowl, mix tamari and cornstarch; stir into skillet mixture slowly. Stir in orange juice and remaining ingredients; heat through. 6 servings.

**WILD RICE CHICKEN STIR-FRY***Lynne Akiko, Honolulu, HI*

- 1 pkg (14 oz) Gold'n Plump® Extra Tender™ Boneless, Skinless Chicken Breast Pieces for Stir Fry
- 1 red pepper, julienned
- 1 pkg (8 oz) frozen Green Giant® Simply Steam® Broccoli & Carrots with Garlic & Herbs, prepared as directed on pkg
- 2 cups cooked wild rice

**Sauce (whisk together):**

- 2 tbsp canola oil
- 2 tbsp shoyu
- 2 tbsp mirin
- 1 tbsp water
- 2 cloves garlic, minced
- ¼ cup chopped onion

In a large skillet or wok; heat sauce. Add chicken and red pepper; stir-fry. Stir in remaining ingredients; heat through. 4 servings.

### Wild Rice & Sausage Frittata

Credit: Minnesota Cultivated Wild Rice Council



### Orange Beef

Credit: Minnesota Cultivated Wild Rice Council



### Wild Rice Chicken Stir-Fry

Credit: Minnesota Cultivated Wild Rice Council



### Notes to Editor:

Due to limited funds, we are unable to utilize a clipping service. If you run our release, please send us a copy — we'll return the favor by sending you a 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!**

Readers responding to the brochure offer receive a "Mail Order Supplier" list along with the "*Minnesota Cultivated Wild Rice Recipes and Answers to Often Asked Questions*" brochure. Due to limited funding, it is necessary for readers to send a business size S-A-S-E (we are unable to fill phone or email requests).

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