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## FOOD EDITORS RELEASE

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## CONTESTANTS IN STORE FOR A “WILD” START TO SUMMER *Cash & Prizes on the line in the “Get Wild with Wild Rice” Recipe Contest*

After suffering through one of the worst winters on record, the Minnesota Cultivated Wild Rice Council is offering an ideal opportunity to give your summer a positively “wild” start with the 5<sup>th</sup> Annual “Get Wild with Wild Rice” Recipe Contest. We’re looking for talented, motivated contestants who have the creative chops to compete in this national competition. All recipes must feature the deliciously distinctive flavor of wild rice – Minnesota’s state grain.

Here’s how it works - recipes entered go head-to-head in a taste test conducted by our culinary specialists. Participants have three opportunities to win: 1) Up to 16 finalists will be selected to have their recipe published and win a *wild* prize pack; 2) A Grand Prize of \$500 will be awarded to one winning recipe chosen by a panel of celebrity judges; and 3) In September, winning recipes will be posted on our website 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 15, 2014. Visit [www.mnwildrice.org](http://www.mnwildrice.org) for full contest details.

Now in its 5<sup>th</sup> year, the “Get Wild with Wild Rice” recipe contest is as popular as ever, inspiring would-be chefs in every corner of the country. Each year our recipe contest attracts even more unique offerings than the year before, demonstrating both the creativity of our contestants and the versatility of wild rice. Some of last year’s more distinctive entries - *Spirited Wild Rice Sliders* and *Raging Bourbon BBQ Beef & Wild Rice Salad* - offer a diverse mix of flavors from creative cooks across the country. Enjoy the great taste of wild rice by trying these previous grand prize winning recipes today:

### **2013 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.

### **2012 Grand Prize Winner – Wild Rice & Sausage Frittata** (Anne Lauer, Hugo, MN)

This recipe showcases eggs with wild rice, pork sausage, Vidalia onion, and Mozzarella and Parmesan cheeses for a deliciously distinctive creation which can be served as a protein-rich main dish or as a creative option for a hearty breakfast (a frittata is the Italian version of the omelette).

### **2011 Grand Prize Winner – Orange Beef** (Deborah Puette, Lilburn, GA)

This recipe boasts a tasty blend of wild rice with sirloin steak, green onions, ginger, and broccoli for a delicious creation with hints of citrus and garlic. *Orange Beef* comes together quickly and brings a wild twist to your stir fry.

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 40 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 nutty texture and unique flavor to any dish. Keep cooked wild rice on hand to add elegance to your meals. Impress your family and friends by livening up some of your familiar favorites with style:

**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 real maple syrup.

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

**Italian 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  
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**ZESTY WILD RICE SKILLET**

*Katie Schlick, St. Cloud, MN*

- 1 pkg (14 oz) Gold'n Plump® Extra Tender™ Chicken Stir Fry Pieces
- 1/3 cup Famous Dave's® Chicken Marinade
- 2 tsp canola oil
- 4 strips bacon, cooked, crumbled
- 1/2 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
- 1/4 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.

**WILD RICE & SAUSAGE FRITTATA**

*Anne Lauer, Hugo, MN*

- 1 large Vidalia onion, sliced into 1/4" 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
- 1/3 cup half and half
- 1/4 tsp each: salt and pepper
- 1/2 tsp Italian seasoning
- 1 cup Sargento® Fine Cut Shredded Mozzarella Cheese
- 1/3 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*

- 1 1/2 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
- 1/2 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.

**Notes to Editor:**

For an electronic copy of the photos, call or email our office.

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 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!**

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, readers need to send a business size self-addressed-stamped-envelope to:

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Zesty Wild Rice Skillet

Credit: Minnesota Cultivated Wild Rice Council



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