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FOOD EDITORS RELEASE

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East Coast Chefs Sweep 2019 “Get Wild with Wild Rice” Recipe Contest

Even though the heart of cultivated wild rice production remains squarely in Minnesota, it was surprisingly a clean sweep for East Coast chefs in the 2019 “Get Wild with Wild Rice Recipe Contest.” Chefs from Virginia and New Jersey took home both cash awards in this year’s contest as Kim Van Dunk of Madison Heights, VA, won the Grand Prize with her mouth-watering Wild Rice Chicken, Pear & Havarti Salad, and Donna Scarano of East Hanover, NJ, won the coveted People’s Choice Award with her Southeast Asian Wild Rice Pork Bowl.

The “Get Wild with Wild Rice Recipe Contest” continues to attract recipes and participation from all corners of the country – from Oregon to Florida and from Arizona to Connecticut. Contestants submitted traditional, creative, and often outlandish wild rice recipes in the categories of appetizers, soups, salads, entrées, sides, and desserts, demonstrating both the great taste and versatility of wild rice.

Recipes went head-to-head in a taste test conducted by culinary specialists who narrowed the field to 13 finalists competing for two awards. The Grand Prize was awarded by a panel of judges headed by Chef Ken Goff and the People’s Choice Award was given to the finalist garnering the most online votes during September’s National Rice Month.

Each finalist received a “wild” prize pack and was recognized in the Council’s 2019 recipe brochure which premiered at the Minnesota State Fair. All contest finalists were featured on the Council’s website for a public vote to determine the People’s Choice Award.

Renowned chef Ken Goff led a panel of judges charged with the difficult task of selecting which recipe which would take home the grand prize. Relying on his more than three decades-worth of culinary experience and training, Goff and the judges ultimately chose Wild Chicken, Pear & Havarti Salad as the Grand Prize Winner. Goff remarked Wild Chicken, Pear & Havarti Salad stood out for its fresh & light taste, creativity, ease of preparation, and because it’s gluten-free. “It’s the clear stand-out,” remarked Goff.

Grand Prize Winner – [Wild Rice Chicken, Pear & Havarti Salad](#) (Kim Van Dunk, Madison Heights, VA)

Wild Rice Chicken, Pear & Havarti Salad combines wild rice with rotisserie chicken, sweet cherries, Bartlett pear, sliced almonds, and the subtly sweet notes of Havarti cheese - a sweet yet savory option your family or guests are sure to love.

People’s Choice Winner – [Southeast Asian Wild Rice Pork Bowl](#) (Donna Scarano, East Hanover, NJ)

Southeast Asian Wild Rice Pork Bowl melds the smoky flavor of wild rice with coconut milk, pork tenderloin, baby peas, Sriracha sauce, and crunchy peanuts for the perfect blend of spicy and sweet in this distinctively Asian creation.

(The Council’s website is home to the world’s largest online wild rice recipe library. To view the recipes of any of the 2019 finalists, visit www.mnwildrice.org/search.php - "Contest Finalist" category.)

East Coast Chefs Sweep 2019 "Get Wild with Wild Rice" Recipe Contest (10/19-Page 2)

The Council's latest recipe brochure, *Minnesota Cultivated Wild Rice Recipes and Answers to Often Asked Questions*, features contest winning recipes and other wild rice favorites, including soups, appetizers, salads, entrées, and side dishes. To receive your free copy send a self-addressed-stamped-envelope to: Minnesota Cultivated Wild Rice Council, Newest Recipes, 4630 Churchill St #1, St. Paul, MN 55126.

WILD RICE CHICKEN, PEAR & HAVARTI SALAD

Kim Van Dunk, Madison Heights, VA

- 2 cups cooked wild rice
- 1 cup chopped Just BARE® Deli Rotisserie Chicken – Original Flavor
- 1 cup diced Bartlett pear
- 4 oz Crystal Farms® Havarti Cheese, diced
- 2 tbsp diced red onion
- 1½ cups finely chopped fresh kale leaves
- ½ cup sliced almonds
- ¾ cup dried sweet cherries

Dressing (whisk together):

- ½ cup apple cider vinegar
- ¾ cup canola oil
- 3 tsp ground cinnamon
- 3 tbsp honey
- ¼ tsp sea salt

In large bowl, combine ingredients. Add half of dressing just before serving; toss. Serve with remaining dressing on the side. 6 servings.

SOUTHEAST ASIAN WILD RICE PORK BOWL

Donna Scarano, East Hanover, NJ

- 1 cup chopped onion
- 4 cloves garlic, minced
- 3 tsp ground ginger
- 1 tsp cayenne pepper
- 5 tbsp canola oil, divided
- 1 cup lite coconut milk
- ½ cup Crystal Farms® Original Cream Cheese
- ½ cup each: soy sauce and water
- 3 tbsp maple syrup
- ½ tsp ground coriander
- 2 lbs pork tenderloin, cubed, salt and peppered
- 1 pkg (9 oz) frozen baby peas, thawed
- 1 tbsp Sriracha sauce
- 4 cups cooked wild rice
- juice of 1 lime
- 1 cup salted peanuts, crushed

In large skillet, sauté first 4 ingredients in 2 tbsp oil until softened; reduce heat. Add coconut milk, cream cheese, soy sauce, water, syrup, and coriander; stir to combine; set aside. In same skillet, cook pork in 3 tbsp oil until brown; add cream cheese mixture. Stir in peas and Sriracha. Reduce heat; cook until pork is done. Stir in wild rice and lime juice; top with peanuts. 8 servings.

Note to Editor:

For a high-resolution 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!**

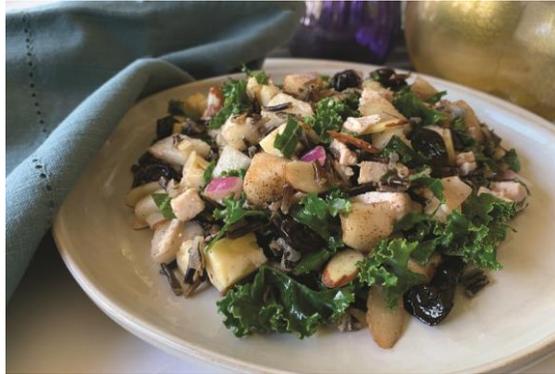
Readers responding to the brochure offer receive a "Mail Order Supplier" list along with the 2019-2020 *Minnesota Cultivated Wild Rice Recipes and Answers to Often Asked Questions* brochure. Due to limited funding, readers need to send a business size self-addressed-stamped-envelope to:

Minnesota Cultivated Wild Rice Council

Newest Recipes
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Wild Rice Chicken, Pear & Havarti Salad

Credit: Minnesota Cultivated Wild Rice Council



Southeast Asian Wild Rice Pork Bowl

Credit: Minnesota Cultivated Wild Rice Council

