

## Side

### Wild Rice 'N Roasted Asparagus

Barb Estabrook - Appleton, WI

- canola cooking spray
- 1 lb fresh asparagus, discard ends, cut into 1" pieces, leave tops whole
- 1 large shallot, peeled, sliced, and separated into 1/2" wide rings
- 1/4 tsp each: salt, ground black pepper, and roasted garlic powder
- 3 slices bacon, cooked and chopped
- 1 tbsp canola oil
- 1/2 fresh lemon
- 1 tsp butter
- 1/2 tsp fresh thyme
- 1 1/2 cups cooked wild rice (warm)

Preheat oven to 425°F. Spray edged baking sheet. In large bowl, toss next 7 ingredients. Spread mixture on baking sheet; set lemon cut side down. Roast 10-12 minutes until asparagus is tender, turning halfway through. Melt butter and stir in thyme; set aside. In large bowl, combine wild rice and asparagus mixture. Squeeze 1 tsp juice from roasted lemon into butter; drizzle over rice mixture. Toss. 4 servings.

## Entrees

### Wild Rice Steak & Cheddar Pies

Veronica Callaghan - Glastonbury, CT

- 3-4 sheets puff pastry, thawed
- 1 shallot, minced
- 1/2 cup each, small diced: carrot and celery
- 1/4 tsp each: kosher salt and freshly ground black pepper
- 1 tbsp canola oil
- 8 oz sirloin tip steak, cut into 1/2" pieces, salt and peppered
- 1 1/2 cups beef broth
- 1 tsp tomato paste
- 1 tsp Worcestershire sauce
- 1 tsp cornstarch
- 3 cups cooked wild rice
- 1 pkg (8 oz) shredded sharp cheddar cheese, divided
- finely chopped fresh flat-leaf parsley, garnish

Preheat oven to 400°F. On lightly floured surface, roll out pastry to smooth. Cut 12 circles using 5" round cutter; cut 12 circles using 2" round cutter. Press larger circles into 12-cup muffin pan; place in refrigerator. In large skillet, sauté shallot, carrot, celery, salt, and pepper in oil until tender. Add steak; brown. Stir in broth, tomato paste, Worcestershire sauce, and cornstarch; cook until slightly thickened. Stir in wild rice; cook 2 minutes. Evenly divide rice mixture into muffin cups; top each with cheese. Place 2" pastry on top; bake 20-25 minutes until pastry is golden. Remove from tin; garnish. Serve immediately. 12 servings.

#### September is National Rice Month!

#### "Get Wild with Wild Rice" Recipe Contest

Twelve finalists are featured in this brochure.

Visit [mnmwildrice.org](http://mnmwildrice.org) in September to vote for your favorite & search our wild rice recipe library!

Join the next contest... send your contact information to [wr@mnmwildrice.org](mailto:wr@mnmwildrice.org) or visit MN Cultivated Wild Rice Council on Facebook, Twitter, Instagram, or Pinterest.

### Pork & Beef Wild Rice Hawaiian Sliders

Chera Little - Cedar Creek, TX

- 12 oz rib-eye steak, cubed
- 4 oz pork shoulder, cubed
- 1/2 cup cooked wild rice
- 2 tbsp minced jalapeno pepper
- 2 tbsp chopped green onion
- 3 cloves garlic, minced
- 2 tbsp finely grated ginger
- 1 tsp each: crushed red pepper, salt, and ground black pepper
- 1 tsp soy sauce
- 2 tsp canola oil
- 3 slices smoked provolone cheese, halved
- 3 slices deli ham, halved
- 6 small slider buns, toasted
- 1/4 cup crushed cashews

#### Aioli (blend; set aside):

- 1/3 cup mayonnaise
- 1 tsp fresh lime juice
- 1 tsp each, grated: ginger and garlic
- 1 tsp sesame oil
- 1 tsp Sriracha sauce
- 1/4 tsp cayenne pepper

#### Slaw (stir together):

- 3 tbsp aioli (prepared above)
- 2 carrots, grated
- 1/4 cup shredded red cabbage
- 1/4 cup thinly sliced pineapple pieces
- 1/4 cup cooked wild rice
- 1/4 cup sliced snap peas
- 1/2 bunch cilantro, roughly chopped
- 1 tsp black sesame seeds

Pulsate steak and pork in food processor until ground. Add next 9 ingredients; pulsate a few times. Form into 6 bun-size patties. In large skillet, heat oil. Cook patties 5 minutes each side or until desired temperature. During last few minutes, add cheese. Remove to rest. In same skillet, cook ham 1 minute per side. Evenly spread remaining aioli on bottom buns; add patties, ham, slaw, cashews, and top buns. 2 servings.

Nutrients Based on 1/2 cup serving (cooked)	Wild Rice	Enriched White Rice (long grain)	Brown Rice (long grain)
Calories	83	103	124
Protein, g	3.27	2.13	2.77
Fat, g	0.28	0.22	0.98
Dietary Fiber, g	1.50	0.30	1.60
Total Carbohydrate, g	17.50	22.25	25.84
<b>Minerals</b>			
Phosphorus, mg	67.00	34.00	104.00
Iron, mg	0.49	0.95	0.57
Potassium, mg	83.00	28.00	87.00
Zinc, mg	1.10	0.39	0.72
<b>Vitamins</b>			
Riboflavin, mg	0.07	0.01	0.07
Niacin, mg	1.06	1.17	2.59
Vitamin E, mg	0.20	0.03	0.17

Source: USDA National Nutrient Database for Standard Reference, Legacy Release (2018).

### Answers to Frequently Asked Questions About...

# WildRice

#### Is wild rice nutritious?

Yes, wild rice is nutritious! It's a high-fiber complex carbohydrate, high in quality protein and low in fat, with only 83 calories per half-cup serving.

#### Does wild rice volume increase when cooked?

1 cup uncooked wild rice = 3-4 cups cooked wild rice... that's 6-8 servings from just one cup uncooked wild rice!

#### Is wild rice expensive?

At \$6 per pound, it's less than 38¢ per serving!

#### How long can I keep wild rice?

Uncooked wild rice keeps up to 5 years in an airtight container. Cooked wild rice (plain) keeps 1 week when refrigerated. Drain well; store in airtight container.

#### How do I prepare wild rice?

Wild rice is easy to prepare! Add 1 cup uncooked cultivated wild rice to 3-4 cups boiling water. Return to boil; stir. Cover and simmer 30-60 minutes or until kernels begin to open. Drain any excess liquid. After cooking with wild rice you will define your preferred cook time and water content – texture of wild rice is a personal preference. For a chewier texture, cook for less time. For a tender, fluffier texture, cook longer.

#### Can I freeze wild rice?

ABSOLUTELY – cooking and freezing ahead of time turns wild rice into a convenience food! Cooked wild rice (plain) will keep about 6 months in your freezer. Drain well; store in airtight containers. To use, thaw in refrigerator overnight or microwave on "defrost" setting for a few minutes.

#### Can I use wild rice in sweetened recipes?

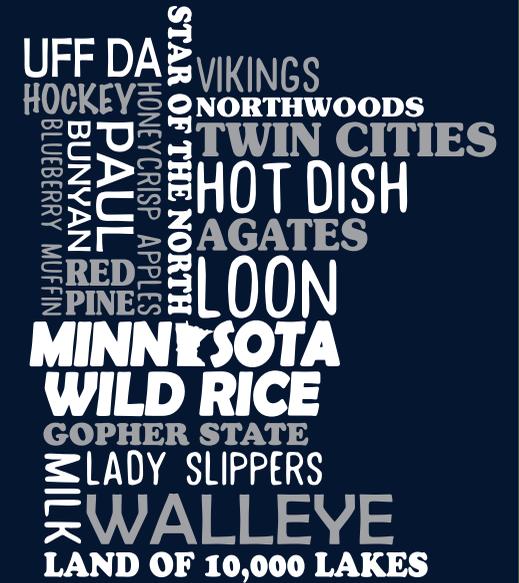
Wild rice has a tendency to revert back to hard kernels when combined with sweeteners. Using well-cooked and chopped wild rice helps prevent this. Sweetened recipes are best when served within 24 hours.

#### Is there a difference in cooking characteristics or nutritional value of wild rice grown in paddies compared to that grown in lakes and rivers?

When identically processed there are no differences. Various harvesting and processing methods cause a greater variation in the kernel than the source of production.

#### Facts!

1. Wild rice is the only cereal grain native to North America.
2. Wild rice is Minnesota's official state grain.
3. Minnesota is proud to be one of the world's largest producers of cultivated wild rice, producing 7-12 million pounds annually.
4. Cultivated wild rice paddies provide a great habitat for waterfowl and other wildlife.
5. Wild rice is gluten-free.



## MINNESOTA WILD RICE

### Recipes & Answers to Frequently Asked Questions

2020-2021 Edition

Minnesota Cultivated Wild Rice Council  
4630 Churchill Street, #1  
St. Paul, MN 55126

651.638.1955

[www.mnmwildrice.org](http://www.mnmwildrice.org)

## Soups

### Thai Wild Rice Coconut Chicken Soup

*Nancy Judd - Alpine, UT*

- 8 oz sliced mushrooms
- 1 cup chopped onion
- 1 medium red bell pepper, chopped
- 1 tbsp ginger paste
- 3 cloves garlic, minced
- 1 tbsp butter
- 2 tbsp canola oil
- 1 tbsp toasted sesame oil
- 4 cups chicken broth
- 1 can (13.5 oz) coconut milk
- 1-4 tbsp Thai red curry paste, to taste
- ½ cup creamy peanut butter
- 2 tbsp fish sauce
- ¼ cup low sodium soy sauce
- 3 tbsp brown sugar
- 1 tsp lime zest
- ½ tsp cayenne pepper
- 2½ cups chopped Just BARE® Deli Rotisserie Chicken - Original Flavor
- 1 small lime, juiced
- 3 cups fresh baby spinach leaves
- ½ cup roughly chopped fresh cilantro
- 3 cups cooked wild rice
- ½ cup fresh basil, cut in thin strips, garnish
- ¼ cup fresh cilantro sprigs, garnish
- ½ cup chopped peanuts, garnish
- 4-5 radishes, thinly sliced, garnish
- 6 thin slices lime, garnish
- drizzle with toasted sesame oil, garnish

In large saucepan, sauté first 5 ingredients in butter and oils until tender; stir often so garlic doesn't burn. Add broth, coconut milk, curry paste, peanut butter, fish sauce, soy sauce, brown sugar, lime zest, cayenne pepper, and chicken; stir well. Simmer 10-15 minutes; remove from heat. Stir in lime juice, spinach, and cilantro; let spinach wilt. Place wild rice in 6 bowls; ladle soup on top. Garnish. 6 servings.

### Meat Lovers Bouillabaisse

*Roxanne Chan - Albany, CA*

- ½ lb ground beef
- ¼ cup each, chopped: green bell pepper, onion, celery, and carrot
- 2 cloves garlic, minced
- ½ cup frozen whole kernel corn
- 3 tbsp canola oil
- 1 can (11.5 oz) Spicy Hot V8 juice
- 2 cups chicken or beef broth
- 1 cup dry red wine or water
- 1 tsp dried Italian herbs
- 1 can (14.5 oz) diced tomatoes
- 2 cups cooked wild rice
- ½ lb each: boneless pork loin chops and Just BARE® Boneless Skinless Chicken Breast Fillets, cooked, cubed
- ½ tsp ground black pepper
- chopped parsley, garnish
- shredded cheddar cheese, garnish

In large saucepan, sauté first 7 ingredients in oil for 3 minutes. Stir in juice, broth, wine, and herbs; bring to a boil. Simmer 5 minutes. Add remaining ingredients; heat through. Garnish. 6 servings.

### Cancun Crema Wild Rice Chowder

*Sharyn LaPointe Hill - Las Cruces, NM*

- ½ cup finely chopped red onion
- 2 large poblano peppers, stemmed & seeded, finely chopped
- 3 tbsp canola oil
- 2 cloves garlic, minced
- 5 cups chicken broth
- 1 can (12 oz) evaporated milk
- 3 cups shredded Just BARE® Deli Rotisserie Chicken - Original Flavor
- 1 pkg (10 oz) frozen roasted corn
- 1½ tsp each: ground cumin and Mexican oregano
- ⅓ cup fresh lime juice
- 1 tsp salt
- ½ tsp ground black pepper
- ½ cup chopped fresh cilantro
- 3 cups cooked wild rice
- 1 pkg (7.5 oz) spicy jalapeno cream cheese spread
- 2 cups Mexican blend shredded cheese
- ¼ cup fresh cilantro sprigs, garnish

In large saucepan, sauté onion and poblanos in oil until tender. Stir in garlic; cook 1 minute longer. Add broth, milk, chicken, corn, cumin, oregano, lime juice, salt, pepper, and cilantro; bring to boil. Add remaining ingredients; simmer. Stir until cheese melts; serve immediately. Garnish. 6 servings.

## Appetizers

### Cinnamon Sugar Chips with Wild Rice Cherry Salsa

*Natalie Yarbrough - Minnetonka, MN*

- canola cooking spray
- 4 tbsp ground cinnamon
- 1 cup sugar
- 10 flour tortillas
- ½ cup butter, melted
- 2 cups halved, pitted fresh sweet cherries
- 2 tbsp maple syrup
- 1 tbsp canola oil
- ⅓ cup orange juice
- 2 green onions, thinly sliced
- 2 medium Honeycrisp apples, skin on, cored, diced
- 4 cups cooked wild rice
- ½ cup chopped pecans
- 1 cup halved red seedless grapes
- ¾ tsp salt

Preheat oven to 350°F. Spray baking sheet. In small bowl, combine cinnamon and sugar. Brush tortillas with butter, sprinkle with sugar mixture; cut each into 8 triangles. Place on baking sheet; bake 8-10 minutes. In large bowl, mix remaining ingredients; chill 30 minutes. To serve, top chips with salsa. 6 servings.

*Also good as a dessert.*

*Wild rice tends to revert back to hard kernels when combined with sweeteners. Using well-cooked and chopped wild rice helps prevent this. Sweetened recipes are best served within 24 hours.*

### Wild Rice & Pork Wontons

*Chelsea Madren - Fullerton, CA*

- 2 cups cooked wild rice
- 1 lb ground pork
- 2 tbsp sugar
- 2 tsp ground black pepper
- 2 tsp sesame oil
- ¼ cup soy sauce
- 2 tbsp fish sauce
- 2 green onions, minced
- ½ red bell pepper, minced
- 2 tsp finely grated fresh ginger
- 2 eggs
- canola oil for deep fryer
- 50 wonton wrappers
- water

#### Dipping Sauce (whisk together):

- 1 cup sweet chili sauce
- 2 tsp Sriracha sauce

In large bowl, combine first 11 ingredients; cover and refrigerate 2 hours. Preheat deep fryer to 375°F. Place wonton wrapper on flat surface. Lightly wet edges of wrapper with water. Place 1 tsp of rice mixture into center; fold in half to form triangle. Press edges together to seal; repeat with remaining filling. In batches of 10, fry wontons until golden brown; drain on paper towel. Serve immediately with dipping sauce. 8 servings.

## Salads

### Warm Wild Rice & Chicken Banh Mi Salad

*Lisa Keys - Kennett Square, PA*

- 1 lb Just BARE® Boneless Skinless Chicken Breast Fillets, cut into bite-size pieces
- 1 clove garlic, grated
- canola cooking spray
- 2 cups cooked wild rice
- 1 English cucumber, halved lengthwise, cut into ¼" half-moon slices (24 pieces)
- ¼ cup each, chopped: fresh cilantro and fresh mint
- 4 green onions, thinly sliced diagonally
- ½ red bell pepper, thinly sliced
- ¼ cup dry roasted peanuts, chopped, garnish

#### Dressing (whisk together):

- ¼ cup fresh lime juice
- 2 tbsp canola oil
- 1 tbsp dark brown sugar
- 2 tsp fish sauce or soy sauce
- 1 tsp chili garlic sauce

In large bowl, toss chicken with garlic and 2 tbsp dressing; marinate 15 minutes. Spray large skillet. Add chicken and marinade; cook through. In large bowl, combine chicken and remaining ingredients with remaining dressing; toss. Garnish. 4 servings.

#### Minimum Internal Meat Temperature Guide

Beef Steak/Pork Chops	145°F; allow 3 min. rest
Ground Beef/Pork	160°F
All Poultry	165°F

Color is not an indication of doneness. To measure temperature, insert a meat thermometer into thickest portion of meat.  
*Source: USDA, Food Safety Information (May 2019)*

### Vegan Maple Tahini Wild Rice Salad

*Kayla Capper - Ojai, CA*

- 1 small onion, chopped
- 4 cups bite-size broccoli florets
- salt and pepper to taste
- 1 tbsp canola oil
- 2 cups cooked wild rice
- 1 red bell pepper, diced
- ½ cup raisins or dried cranberries
- 2 cups shelled edamame, cooked
- ¼ cup smoked almonds, chopped, garnish

#### Dressing (whisk together):

- 1 tsp each: salt and garlic powder
- 2 tbsp each: fresh lemon juice and pure maple syrup
- 4 tbsp tahini

In large skillet, sauté onion, broccoli, salt, and pepper in oil until tender; stirring occasionally. In large bowl, combine remaining ingredients with onion/broccoli mixture. Add dressing; toss. Garnish. 4-6 servings.

### Wild Rice Spinach Radicchio Salad

*Emily Falke - Santa Barbara, CA*

- 3 cups fresh spinach leaves, torn into bite-size pieces
- 1 cup radicchio leaves, torn into bite-size pieces
- 1 lb Just BARE® Boneless Skinless Chicken Breast Fillets, cooked, salt and peppered, shredded
- 4 strips bacon, cooked and crumbled
- 2 cups cooked wild rice
- 1 Honeycrisp apple, skin on, cored, diced
- 2 oz goat cheese, crumbled
- ⅓ cup shelled, salted pistachio nuts, chopped
- ¼ cup chopped fresh mint

#### Dressing (whisk together):

- ⅓ cup canola oil
- 3 tbsp apple cider vinegar
- 1 tsp each: honey and Dijon mustard
- ¼ tsp each: salt and Japanese 7 Spice

In large bowl, combine ingredients. Add dressing; toss. 4 servings.

### Wild Rice & Pork Salad Gribiche

*Roxanne Chan - Albany, CA*

- 1 lb boneless pork loin chops, cooked and cubed
- 3 cups cooked wild rice
- 1 cup baby arugula
- ¼ cup diced red onion
- 1 large tomato, chopped
- ⅓ cup feta cheese, crumbled
- orange zest, garnish

#### Dressing (whisk together):

- 4 tbsp canola oil
- 2 large eggs, hard boiled and chopped
- 2 tbsp toasted pine nuts
- 2 tbsp capers
- 2 tbsp chopped roasted red bell pepper
- 2 tbsp chopped parsley or cilantro
- 1 tbsp white balsamic vinegar
- 1 tsp Dijon mustard

In large bowl, combine ingredients. Add dressing; toss. Garnish. 6 servings.