

Shirley's Wild Rice and Kidney Bean Salad

1-½ cups **Chieftain Wild Rice**, uncooked
1-½ cups mayonnaise
1 can drained kidney beans
½ cup diced celery
1 small chopped green pepper
1 teaspoon salt
¾ teaspoon pepper
1 small chopped onion
Prepare wild rice; chill. Combine all ingredients and chill.

Wild Rice Stuffed Tomatoes with Basil

4 large ripe tomatoes
1-½ cups **Chieftain Wild Rice**, cooked
3 tablespoons chopped fresh basil
3 green onions, finely chopped with some green tops
2 teaspoons olive oil
¾ teaspoon garlic salt, or to taste
Prepare wild rice; chill. Cut a 1" slice off the top of each tomato. Scoop out the inside pulp, being careful not to bruise the tomato shell. Chop the tomato pulp and drain excess liquid. Combine this with the wild rice, basil, onion, olive oil and garlic salt, tossing lightly. Fill scooped-out tomatoes with the wild rice mixture. Be-plate top tomato slices as "lids" if desired. Serve on a bed of lettuce leaves.
Variation: Add about 1 cup flaked salmon to wild rice mixture and use as filling for 6 to 8 tomatoes.

Wild Rice Chicken Roll-Ups

1 cup cooked **Chieftain Wild Rice**
1 cup cooked chicken, finely minced
¼ cup finely minced celery
1/3 cup mayonnaise
¼ teaspoon seasoned salt
1/8 teaspoon white pepper
12 thick slices of bread, crusts trimmed off
Softened butter
½ cup butter, melted

Combine the cooked wild rice with the chicken, celery, mayonnaise, salt and pepper. Spread the bread with butter, then with the chicken-wild rice mixture. Roll up like a jelly roll. Wrap in plastic wrap; chill or freeze.

To finish and serve, brush each roll liberally with melted butter. With a sharp knife, cut each roll into 4 bite size pieces. Place on baking sheet and bake at 400° for 10 to 12 minutes, or until roll-ups are lightly browned. Serve immediately. Makes 48 appetizers.

Wild Rice Cabbage Salad

1 chopped red cabbage
1 cup toasted soy beans
2 cups mayonnaise
1 cup bacon, cooked and drained
1 cup sunflower seeds
1 cup **Pasta Rice Blend**, cooked

Mix and serve.

Wild Rice Recipes

featuring
Appetizers, Breads, Desserts,
Salads, and Soups



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COOKING GUIDELINES

Stovetop Method: Rinse 1 cup uncooked wild rice thoroughly. In a heavy saucepan, bring 2½ cups of water, salt and wild rice to a boil; stir. Reduce heat and simmer, covered, for 40 to 45 minutes or just until kernels puff open. Uncover. Fluff with a fork. For a chewier texture, cook for less time.

Oven Method: Rinse 1 cup uncooked wild rice thoroughly. Combine rice and 2½ cups water in a covered 2-quart casserole. Bake at 350° for 1 hour. Check wild rice. Add more water if needed and fluff with a fork. Continue baking for ½ hour. Wild rice should be moist, not dry.

Cheese Rice Appetizers

1-½ cups **Chieftain Wild Rice**, cooked
½ cup shredded Cheddar cheese
¼ cup each sliced green onions, including tops, and finely chopped ripe olives
¼ cup dry bread crumbs
½ teaspoon Italian seasoning
2 eggs, beaten
1 teaspoon lemon juice
1/8 teaspoon hot pepper sauce
Paprika for garnish, optional

Combine all ingredients except paprika in large mixing bowl. Press mixture into buttered 8x8" baking dish. Sprinkle with paprika. Bake at 375° for 10-15 minutes. Cut into 25 squares. Serve warm. Makes 25 squares.

Wild Rice-Bourbon Cake

4 cups sifted flour
½ teaspoon salt
2 teaspoons baking powder
½ cup bourbon
½ cup milk
2 cups butter, softened
2 cups sugar
8 eggs, at room temperature
½ cup **Chieftain Wild Rice**, cooked in unsalted water
1 teaspoon vanilla extract

Sift flour with salt and baking powder. Set aside. Combine bourbon and milk and set aside. Cream the butter and sugar together until light and fluffy. Add the eggs, one at a time, beating well after each. Alternately add the flour mixture with the bourbon-milk mixture, in 6 additions. Blend in the wild rice and vanilla, mixing thoroughly.

Generously butter and flour a 9- or 10-inch tube or bunt pan. Pour batter into this and bake at 300° for 1-1/4 to 1-1/2 hours. Cool cake in pan and set on rack for about 10 minutes. Then turn cake out of pan onto rack.

Northwoods Waldorf Salad

3 cups **Chieftain Wild Rice**, cooked and chilled
4 cups diced apples
2 tablespoons sugar
1 tablespoon lemon juice
2 cups diced celery
2 cups mandarin oranges, drained
½ cup maraschino cherries, chopped
1 cup walnuts, coarsely chopped
2/3 cup salad dressing
1-½ cups whipped cream, whipped (optional)

Mix apples, sugar and lemon juice together. Add cooked wild rice, celery, oranges, cherries, walnuts and salad dressing. Fold together. Serve chilled.

If whipping cream is used, fold salad dressing into whipped cream and add the above mixture. Fold in and serve chilled.

Blueberry-Wild Rice Muffins

1 cup cooked **Chieftain Wild Rice**
2 eggs, lightly beaten
5 tablespoons oil
1 cup milk
1¼ cups flour
1 tablespoon baking powder
½ teaspoon salt
3 tablespoon sugar
1 cup blueberries

Stir the wild rice with the eggs, oil and milk. Sift the flour with the baking powder, salt and sugar. Stir the liquid ingredients into the dry, mixing thoroughly, but only until the ingredients are blended. Stir in the blueberries and spoon batter into 1½ dozen lightly greased muffin cups. Bake at 425° for 15 to 18 minutes, or until muffins are lightly browned.

Variations: Omit blueberries entirely or substitute chopped nuts, chopped rhubarb or well-drained pineapple for the blueberries.

Minnesota Wild Rice Soup

« *Courtesy of the Kilbourn Cafe* »

1 c carrots, diced fine	4 oz flour
1 cup celery, diced fine	4 oz chicken stock
1 cup onions, diced fine	1 qt heavy cream
1 tbsp thyme	Salt to taste
1 tbsp rosemary	Pepper to taste
1 tbsp garlic, minced	4 oz Wild Rice , cooked
2 tsp poultry seasoning	4 oz pheasant, diced
½ c sherry	4 oz butter
2 oz chives	2 oz almonds

Combine vegetables and herbs in stock pot. Cook over low heat until tender.

Add sherry and cook until alcohol evaporates. Then add butter and flour, this makes a roux. Cook for 2-5 minutes, stir so it does not burn. Add the stock and stir (so it will not lump together); it should be smooth. Let this cook for ½ hour on low temperature; then add cream. Serves 10.

Summer Seafood Salad

2 cups **Chieftain Wild Rice**, cooked and cooled
½ pound cooked crab meat
1 can sliced water chestnuts, drained
½ cup sliced celery
¼ cup sliced green onions, including tops
¼ cup each yogurt and dairy sour cream
1 tablespoon fresh lemon juice
¼ teaspoon hot pepper sauce
¼ teaspoon salt

Combine wild rice, crab meat, water chestnuts, celery and onions. Combine yogurt, sour cream, lemon juice and seasonings in small bowl; blend well. Pour over rice mixture; toss lightly. Serve on lettuce leaves and garnish with tomato wedges.

Mushroom and Nut-Stuffed Onions

6 large sweet onions 1 apple, chopped
1 tsp. cooking oil ½ c. **Wild Rice**, cooked
¾ c. chopped mushrooms 1/3 c. hazelnuts, chopped
1 carrot, finely chopped ¼ tsp. salt
¼ tsp. pepper 1 c. soft bread crumbs
2 Tbsp. butter 1 Tbsp. fresh basil
½ c. apple cider 1/3 c. apple cider

Cut a thin slice from the bottom and top of each onion, leaving onion skins on. Scoop out onion centers, leaving about ¼" thick shells. Finely chop enough of the removed onion centers to measure 1/3 cup. Brush onions with oil. For filling, in large skillet cook the 1/3 reserved onion centers, mushrooms, carrot and pepper in 1 tablespoon butter for 5 minutes. Slowly add ½ cup cider. Stir in apple, wild rice, nuts and salt; cook for 1 minute more. Remove from heat. Stir in ½ cup of bread crumbs and basil. Spoon filling into each onion shell.

Arrange stuffed onions in a 2-quart baking dish. Pour the 1/3 cup apple cider around stuffed onions. Bake, covered, in 350° oven for 40 minutes. Melt remaining butter and stir together with remaining bread crumbs; sprinkle over onions. Bake, uncovered, for 5 to 15 minutes more. Remove outer skins before eating.

Wild Rice Beignets

1 envelope dry active yeast
½ cup lukewarm water
1½ cups cooked **Chieftain Wild Rice**
3 eggs, well beaten
1 cup sifted flour
¼ cup sugar
½ teaspoon salt
¼ teaspoon nutmeg
Frying oil
Sifted confectioners' sugar

Soften yeast in warm water and stir in the rice, mixing well. Cover and let set several hours or overnight. Add eggs, flour, sugar, salt and nutmeg. Beat well and let stand in warm place 20 to 30 minutes. Drop by tablespoon into oil, heated to 375° and fry until golden brown. Remove and drain on absorbent paper. Roll in confections' sugar and serve warm.

Mid-Eastern Wild Rice Salad

1 cup dairy sour cream or plain yogurt
½ cup **Chieftain's French Onion Seasoning**
½ cup chopped fresh mint
½ cup chopped fresh parsley
Freshly ground black pepper, as desired
6 cups **Chieftain Wild Rice**, cooked

Combine the sour cream, French onion seasoning, mint, parsley and pepper. Add the cooked wild rice. Refrigerate several hours to blend flavors. Serve as a salad on lettuce leaves. Accompany with fresh raw fruits and vegetables, or crackers and bread.

Turkey Wild Rice Chili

12 ounces **Chieftain Wild Rice**
1½ quarts water
3 tablespoons canola oil
2½ chopped onions
1 tablespoon ground cumin
½ teaspoon garlic powder
3 pounds cooked, cubed turkey breast
1½ quarts chicken broth
5¼ cups Great Northern white beans, undrained
3 cups diced green chilies
3½ cups white corn (optional)
¼ teaspoon hot pepper sauce
1 pound Monterey Jack cheese, shredded
Parsley

Prepare wild rice; drain rice and set aside. In stockpot, heat oil over medium heat. Sauté onion 3 minutes or until slightly tender. Stir in cumin and garlic powder; add wild rice and remaining ingredients. Cover and simmer over medium heat until an internal temperature of 160° is reached. Stir in hot pepper sauce. Serve each portion topped with cheese. Garnish with parsley if desired. 24 servings (apx. 8 oz. each).

Wild Rice Nut Salad with Cranberry Vinaigrette

<i>Cranberry Vinaigrette</i>	<i>Wild Rice Mix</i>
1 c cranberry sauce	1½ c raw Wild Rice
¼ c white vinegar	4½ c water
2 tbsp sugar	1 c sliced mushrooms
¼ c salad oil	½ c sliced celery
1 tbsp Worcestershire	¼ c green onions
1 teaspoon salt	½ c shredded red cabbage
1 teaspoon pepper	1 c mixed nuts
1 teaspoon ground thyme	
1 teaspoon oregano	

For vinaigrette: combine all ingredients and mix well. Store refrigerated.

Prepare wild rice; drain any remaining water and chill rice. Mix chilled rice with vinaigrette and remaining ingredients. At this time you may add any of your favorite cooked meats – smoked turkey or duck are great additions.

Cheesy Wild Rice Salad

2 cups **Chieftain Wild Rice**, cooked
4 hard boiled eggs, chopped
¼ cup pimento-stuffed olives, sliced
1 cup diced longhorn cheese or cheddar cheese
2/3 cup mayonnaise
¼ cup pecans, chopped

Toss wild rice, hard boiled eggs, olives, cheese and mayonnaise. Mix well. Can be covered and refrigerated for several hours at this point. Serve on lettuce leaves; sprinkle each salad with chopped pecans.

Wild Rice Meatballs

1 pound 85% lean ground beef
1 cup **Chieftain Wild Rice**, cooked
¼ cup water
1 egg slightly beaten
¼ cup finely chopped onion
1 garlic cove, minced
¼ teaspoon salt
1/8 teaspoon pepper
Chunky Italian Sauce (directions below)

Heat oven to 450°. In medium bowl, combine all ingredients; mix well. Shape into 1½-inch meatballs. Place in a 15x10x1-inch baking pan. Bake 12 to 15 minutes, or until browned and no longer pink inside.

Chunky Italian Sauce

1 6-ounce can tomato paste
½ cup dry red wine or water
½ cup sliced black olives
1 4-ounce can sliced mushrooms, drained
¼ can Italian-style stewed tomatoes, slightly chopped
Combine ingredients in saucepan; blend well. Cook until mixture simmers. Cook 15 minutes. Stir in meatballs.

Stuffed Baked Mushroom Caps

1 cup cooked **Chieftain Wild Rice**
1 pound medium-size fresh mushrooms (about 24)
1 medium onion, very finely chopped
2 tablespoon Herb butter*
5 slices bacon, crisply fried and crumbled
Parmesan cheese, freshly grated
Heat oven to 350°. Clean mushrooms; remove stems. Finely chop stems; sauté with onion in herb butter. Stir in wild rice and bacon. Fill mushroom caps with mixture. Sprinkle with Parmesan cheese. Bake 15 to 20 minutes. *For herb butter, combine 2 tablespoons softened butter with 1 teaspoon chopped parsley, ¼ teaspoon dried Oregano and dash of garlic powder.

Wild Rice Salad with Artichokes

1 garlic clove, cut
3 cups **Chieftain Wild Rice**, cooked
2 to 3 tablespoons minced scallions
1 cup cooked peas
10 cherry tomatoes, halved
1 bottle marinated artichoke hearts, halved, reserve liquid
¼ cup chopped fresh parsley
Salt and freshly ground black pepper to taste
½ teaspoon sugar
1 tablespoon sherry

Rub a wooden salad bowl with cut garlic. Toss wild rice, scallions, peas, cherry tomato halves, artichoke hearts and parsley with a generous sprinkling of salt and pepper. Stir sugar and sherry into the reserved marinade from artichoke hearts, blending well. Drizzle this over salad, tossing to coat well. Serve immediately.

Velvety Leek and Wild Rice Soup

1½ pounds **Chieftain Wild Rice**
3 quarts water
¼ pound butter
2 pounds zucchini, peeled and chopped
2 pounds fresh fennel, chopped
8 large leeks, cleaned and chopped (white only)
1 cup snipped fresh dill
1 gallon chicken stock
Salt and pepper to taste
1 quart cream

Prepare wild rice; drain rice and set aside. In stockpot, melt butter over medium heat. Cook zucchini, fennel and leeks 10-15 minutes or until slightly tender. Stir dill, chicken stock, salt and pepper into mixture. Simmer, uncovered, for 20 minutes. Remove from heat, puree in food processor. Return to stock pot and keep warm. Blend cream into mixture. Adjust seasoning if necessary. Heat thoroughly but do not boil.

To serve: In shallow soup bowls, mound ½ cup wild rice in center (pack into a small ramekin to get mound shape). Ladle soup around rice; garnish with dill. 24 servings.

Creamy Wild Rice Ham Rolls

1 cup uncooked **Chieftain Wild Rice**
¼ pound fresh mushrooms
1/3 cup butter
1 medium onion, chopped
¼ cup flour
1 cup chicken broth or beef broth
1 cup light cream or half & half
Salt and pepper to taste
8 large slices of boiled ham, roast beef or turkey breast, each cut 1/8 " thick

Prepare wild rice. Meanwhile, flute the caps of four of the largest mushrooms; remove stems. Slice stems and remaining mushrooms.

In another saucepan, cook mushroom caps in butter until golden; remove to paper towels. Add sliced mushrooms and onion to saucepan; cook just until onion is tender. Stir in flour. Remove from heat. Gradually stir in broth until blended. Stir in cream, return to heat; cook until thick, stirring constantly.

Taste; add salt and pepper, if needed. Pour 1 cup sauce in bottom of 12x8-inch baking dish. Reserve ½ cup sauce for the top. Add wild rice to sauce remaining in saucepan. Spoon _ of mixture along one end of ham; roll up; place seam side down in dish. Repeat to make 7 more. Pour remaining sauce on top of rolls; cover with foil. Bake in 350° oven for 25 minutes. Garnish with fluted mushroom and parsley.

Jazz up Wild Rice Soup by adding shrimp, ham, nuts, cheese, vegetables or potatoes.