

### Wild Rice Barron

2 pounds ground beef  
1 8-ounce can mushrooms, drained  
½ cup chopped celery  
½ cup shredded carrots  
1 cup chopped onions  
½ cup butter  
2 cups sour cream  
¼ cup soy sauce  
2 teaspoons salt  
¼ teaspoon pepper  
6 cups cooked **Chieftain Wild Rice**  
½ cup slivered almonds  
Parsley sprigs, optional

Preheat oven to 350°. Brown beef; set aside. Sauté mushrooms, celery, carrots and onions in butter 5-10 minutes. Combine sour cream, soy sauce, salt and pepper. Add wild rice, beef, sautéed vegetables and almonds. Toss lightly. Place mixture in a lightly greased 3-quart casserole. Bake 1 hour. Stir several times during baking, adding more water if needed. Garnish with almonds and parsley. 10-12 servings.

### Wild Harvest Bisque

1 pound **Chieftain Wild Rice**  
4 large acorn squash  
½ pound butter  
4 medium onions, chopped  
4 medium tart apples, peeled, cored and diced  
¼ cup curry powder  
7 cups chicken broth  
5 cups half-and-half  
Salt and pepper to taste  
Slivered almonds and parsley

Prepare wild rice; drain and set aside. Cut squash in half lengthwise, discard seeds; place cut-side down on waxed paper. In microwave, cook on high 8-10 minutes, until fork tender. Let cook slightly; set aside. In stockpot, combine butter, onions, apples and curry powder and cook 5-7 minutes, stirring occasionally. In food processor, combine squash and onion mixture; process until smooth. Return to stockpot. Add chicken broth, half-and-half, salt, pepper and wild rice; stir to blend. Heat thoroughly but do not boil. Garnish with almonds and parsley. Makes 24 servings (approximately 8 ounces each).

### Spiced Wild Rice

4 cups hot cooked **Chieftain Wild Rice**  
1 cup dairy sour cream  
½ teaspoon nutmeg  
¼ cup chopped water chestnuts

Blend the hot cooked wild rice with the sour cream, nutmeg and water chestnuts. Serve hot. Great with fish or lamb. Serves 6.

# Wild Rice Recipes

featuring  
Meals, Side Dishes  
and Casseroles



## CHIEFTAIN WILD RICE COMPANY

PO BOX 550 • SPOONER WI 54801

**1-800-262-6368**

Fax 1-715-635-6415

### 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.

### Wild Rice Quiche Florentine

1½ cups cooked **Chieftain Wild Rice**  
½ cup finely chopped leek  
2 tablespoons butter  
¼ cup finely chopped parsley  
1 cup finely chopped spinach or ½ package frozen spinach, thawed and drained  
¾ tablespoon salt  
¼ teaspoon pepper  
¼ cup finely chopped walnuts  
4 eggs, lightly beaten  
1 cup light cream or half and half  
1 9-inch pie crust  
Plain yogurt or dairy sour cream

Sauté the leeks in the butter, about 2 minutes. Combine this with the cooked wild rice, parsley, spinach, salt, pepper and walnuts. Add the eggs and light cream--mix well.

Pour the mixture into pie crust; bake at 425° for 10 minutes. Let stand approximately 15 minutes. Serve as a main dish with a dollop of yogurt or dairy sour cream. Serves 6 to 8 people.

### Wild Rice Sauté

4 to 6 cups cooked **Chieftain Wild Rice**  
1 large onion, chopped  
¼ pound fresh mushrooms, sliced  
1 large bell pepper, cut into strips  
½ cup butter (1 stick)  
½ teaspoon salt or seasoning salt  
½ teaspoon garlic salt pepper, as desired

Sauté the onion, mushrooms and bell pepper in the butter, adding salt, garlic salt and pepper as desired. Cook only until vegetables are tender, but still crisp. Add the wild rice; stir, and when wild rice is heated through, serve 6 to 8 depending upon the amount of wild rice used.

### Wild Rice Tomato Combo

1 cup uncooked **Chieftain Wild Rice**  
½ pound bacon, cut up  
1 medium onion, chopped  
1 cup celery, chopped  
½ cup green pepper, finely chopped  
1 16-ounce can tomatoes  
2 8-ounce cans mushrooms, stems and pieces  
10 Pimento-stuffed olives, sliced

Prepare wild rice. Partially fry bacon; add onion, celery and green pepper. Sauté until transparent. Add tomatoes and tomato sauce; heat to slow boil. Add mushrooms and olives; simmer at least 1 hour. Combine wild rice and sauce. Turn into greased casserole. Bake at 350° for 30 to 40 minutes.

- *Makes an Elegant Side Dish* •
- *Excellent in Casseroles or Soups* •

### Huevos Rancheros on Wild Rice

3 cups hot cooked **Chieftain Wild Rice**  
8 eggs  
1/3 cup light cream  
½ teaspoon salt  
¼ cup chopped fresh parsley  
For Sauce:  
1 cup ketchup  
½ teaspoon salt  
½ teaspoon garlic salt  
1 tablespoon Worcestershire sauce  
¼ teaspoon freshly ground black pepper  
1 medium onion, finely chopped  
2 tablespoon vinegar  
1 tablespoon paprika  
¼ cut butter

Tabasco sauce, 1 or more drops to taste

Prepare wild rice according to package directions.

Meanwhile prepare sauce by combining the ketchup, salt, garlic salt, Worcestershire sauce, pepper, onion, vinegar, paprika and butter. Simmer, uncovered, about 20 minutes. Add Tabasco sauce to taste.

Beat the eggs lightly with the cream and salt. Scramble these in a small amount of melted butter, cooking just until eggs are set and still slightly soft.

To serve, spoon hot cooked wild rice onto four heated plates. Divide the scrambled eggs atop rice. Spoon sauce over the eggs and sprinkle with the chopped parsley. Serve immediately to 4.

### Creamy Lobster & Wild Rice

3 cups hot cooked **Chieftain Wild Rice**  
3 tablespoons melted butter  
3 tablespoons minced fresh parsley  
2 tablespoon finely chopped onion  
1 teaspoon salt  
1 10¾-ounce can of cream of shrimp soup  
1 tablespoon sherry  
1½ cups lobster or Alaskan king crab meat, flaked  
Pinch cayenne pepper, if desired

Combine the rice with the butter, parsley, onion and salt, toss lightly. Cook, covered, until heated through. Stir the soup until creamy and stir in the sherry and crab. Heat gently, adding the cayenne carefully. When hot, serve the lobster sauce on wild rice. Serves 4.

### Wild Rice Au Gratin

2 pounds **Chieftain Wild Rice**, cooked  
3 pounds fresh mushrooms, sliced  
¾ pound butter  
1½ pounds Cheddar cheese, grated

Sauté mushrooms in butter. Toss wild rice with mushrooms and cheese; spoon into buttered casseroles. Cover and bake at 325° about 20 minutes. Uncover and bake 10 minutes longer. Makes 50 side-dish servings.

### Oriental Chicken and Wild Rice Dish

1 3- to 4-pound chicken  
6 cups cooked **Chieftain Wild Rice**  
2 medium onions, sliced  
3 tablespoons butter  
½ cup peanuts  
½ cup raisins  
1 teaspoon cinnamon  
1 teaspoon black pepper

Bake the chicken, season with salt and pepper; remove meat in fairly large pieces. Combine chicken and rice. Sauté the onions in the butter until onions are transparent; stir in the peanuts and raisins and sauté several minutes longer. Sprinkle with the cinnamon and pepper, stirring to distribute these well. Combine the rice and chicken with the sautéed mixture in a lightly buttered 3-quart casserole. Bake, covered, at 200° for 1 hour. Serves 8 to 10.

### Rice-Stuffed Peppers

2 pounds ground beef  
1 medium onion, chopped  
1 small green pepper, chopped  
2 garlic cloves, minced  
1½ teaspoons salt  
½ teaspoon pepper  
1 can (10 ounces) diced tomatoes with chilies, undrained  
1 can (14½ ounces) diced tomatoes, undrained  
1 can (15 ounces) tomato sauce  
3¾ cups water  
1 tablespoon ground cumin  
5 cups cooked **Chieftain Wild Rice**  
4 medium green peppers  
Cheese Sauce:

1½ pounds process American cheese, cubed  
1 can (10 ounces) diced tomatoes with chilies, undrained  
Cook beef, onion, green pepper, garlic, salt and pepper until beef is browned; drain. Add tomatoes, tomato sauce, water and cumin. Simmer, uncovered, for 10 minutes. Stir in wild rice; cover and remove from heat. Remove tops and seeds from peppers; cut in half lengthwise. Place in boiling water for 4 minutes. Drain peppers and stuff with meat mixture. Place remaining meat mixture in an ungreased 13x9x2" dish; top with stuffed peppers, pressing down gently. Cover and bake at 350° for 1 hour. In a saucepan, heat sauce ingredients until cheese is melted. Serve over peppers.

### Wild Rice and Zucchini

1 c. <b>Wild rice</b> , uncooked	1 can whole tomatoes
2 med zucchinis, sliced	½ lb bacon, cooked
1 med onion, chopped	1 can celery soup
1 med pepper, chopped	1 can mushroom soup
2 stalks celery, chopped	1 teaspoon soy sauce

Prepare wild rice. Combine bacon, cooked wild rice, zucchini, celery, green pepper, onion, soups and soy sauce. Add tomatoes. Bake for 1 hour at 325°.

### Wild Rice with Orzo and Three-Color Peppers

1 tablespoon olive oil  
¾ cup chopped onions  
½ cup chopped green bell peppers  
½ cup chopped red bell peppers  
½ cup chopped yellow bell peppers  
1 cup **Toasted Orzo**, cooked  
¾ cup **Chieftain Wild Rice**, cooked  
¼ teaspoon salt

In a skillet, heat oil; add onions and peppers; cook, stirring, until softened, about 4 minutes.

Stir in toasted orzo, wild rice and salt. Cook until heat through.

### Wild and Brown Rice with Roasted Pecans

*Get twice the rice plus earthy flavor in this versatile side dish. Serve it with roasted meat, poultry or seafood. If you have any leftovers, toss with a dressing for a super salad.*

2/3 cup **Chieftain Wild Rice**  
11/3 cups **Brown Basmati Rice**  
½ cup coarsely chopped pecans

1 tablespoon unsalted butter or margarine  
½ teaspoon each salt and black pepper  
¼ cup snipped fresh chives or minced parsley

Heat oven to 300°. Bring a large saucepan of unsalted water to a boil over moderate heat. Add the wild rice and boil, uncovered, for 15 minutes. Add the brown basmati rice and boil 20 minutes more. Drain.

Meanwhile, scatter the pecans on a baking sheet and toast in the oven, stirring occasionally to prevent burning, for 10 to 15 minutes or until lightly toasted; set aside.

Transfer the rices to a colander. Set over boiling water in a large saucepan, cover, and steam for 15 to 20 minutes or until tender. Transfer the rice to a warm serving bowl and stir in the butter, pecans, salt, pepper and chives.

### Wild Rice Mediterranean with Tuna

2 cups cooked **Chieftain Wild Rice**  
1 cup unpeeled zucchini, cut into ¼-inch slices  
½ cup coarsely chopped red onion  
1/3 cup olive oil  
4 garlic cloves, pressed or very finely chopped  
½ teaspoon salt  
2 teaspoons mixed dried herbs, such as thyme, parsley, summer savory or oregano (or ½ cup mixed fresh summer herbs, bruised and very finely chopped)  
2 fresh grilled or broiled tuna steaks

Prepare wild rice; keep warm. Prepare zucchini and red onion. Heat olive oil with garlic, salt and herbs, pressing with the back of a wooden spoon to extract flavors. Add zucchini and onion; sauté until heated. Do not overcook vegetables. Serve hot as a side dish with fresh tuna steaks, using fresh parsley and herbs to garnish. Serves 2.

### Virginia's Pork Chops with Wild Rice

1 cup **Chieftain Wild Rice**, uncooked  
6 pork chops  
Salt and pepper  
2 tablespoons cooking oil  
1 medium onion, chopped fine  
1 cup celery, diced  
1 green pepper, diced  
1 4 oz. can mushrooms, undrained  
1 teaspoon salt  
¼ teaspoon garlic salt  
1 can cream of mushroom soup  
1 cup milk

Prepare wild rice.

Season pork chops and brown in oil. Remove from heat. Mix together cooked wild rice, onion, celery, green pepper, mushrooms and salts. Turn into a large buttered baking dish.

Arrange chops in wild rice mixture. Add 2 tablespoons of pan drippings. Combine soup and milk; pour over chops. Cover and bake at 350° for 1 hour.

Variation: substitute 6 chicken breasts for pork chops. And instead of 1 cup of milk, add ½ cup sour cream and ½ cup dry sherry or dry white wine to the cream of mushroom soup.

### Three-Rice Pilaf

½ cup uncooked **Brown Basmati Rice**  
½ cup finely chopped carrots  
½ cup chopped onion  
½ cup sliced fresh mushrooms  
2 tablespoons cooking oil  
½ cup uncooked **Chieftain Wild Rice**  
3 cups chicken broth  
¼ teaspoon dried thyme  
¼ teaspoon dried rosemary, crushed  
½ cup uncooked **White Basmati Rice**  
1/3 cup chopped dried apricots  
2 tablespoons minced green onions  
½ teaspoon salt  
1/8 teaspoon pepper  
½ cup chopped pecans, toasted

In a large saucepan, sauté brown basmati, carrots, onion and mushrooms in oil for 10 minutes or until rice is golden. Add wild rice, broth, thyme and rosemary; bring to a boil. Reduce heat; cover and simmer for 25 minutes. Stir in white basmati; cover and simmer for 25 minutes or until liquid is absorbed and wild rice is tender. Remove from the heat; stir in apricots, green onions, salt and pepper. Cover and let stand for 5 minutes. Sprinkle with pecans just before serving.

*Chieftain's Wild Rice makes a great addition to any of your favorite recipes. Add Wild Rice to:*

*Meatloafs and Hamburgers  
Stuffings and Dressing*

### Stir Fry Wild Rice, Snow Peas and Pork

½ pound pork tenderloin, sliced ¼" thick  
3 tablespoons vegetable oil  
1 cup sliced celery  
1 cup sliced green onions  
1 cup sliced fresh mushrooms  
1 8 oz. can water chestnuts, sliced  
½ pound fresh snow peas  
1 tablespoon grated fresh ginger root  
2 cups **Chieftain Wild Rice**, cooked  
1 tablespoon cornstarch  
1 tablespoon dry sherry  
½ teaspoon salt  
½ teaspoon salted cashews or sunflower seeds

Slice pork and set aside. Heat oil in heavy skillet; add pork and stir-fry over high heat for 2 minutes until meat is no longer pink. Add celery, green onions, mushrooms, water chestnuts, pea pods and ginger, and stir-fry for 5 minutes over high heat until vegetables are tender-crisp. Toss in the wild rice until evenly blended. Mix cornstarch with sherry, soy sauce and salt, add to juices in pan and cook about a minute until thickened. Toss mixture together to coat everything with glaze. Garnish with cashews.

### Russian Beef Stroganoff with Wild Rice

1 cup **Chieftain Wild Rice**, uncooked  
2 pounds sirloin steak or round steak  
1 pound fresh mushrooms, sliced  
2 large sweet onions, chopped  
½ cup butter  
2 8 oz. cans tomato sauce  
1 cup cultured sour cream  
1 teaspoon salt  
2 teaspoons Worcestershire sauce  
Dash of pepper

Prepare wild rice. Cut meat in very thin slices; brown in butter. Add mushrooms and onions; remove from heat. Combine tomato sauce, sour cream and seasonings; add to meat mixture. Cover and simmer for 1 hour. Serve over buttered hot wild rice.

### Cranberry Wild Rice Pilaf

¾ cup uncooked **Chieftain Wild Rice**  
3 cups chicken broth  
½ cup **Barley**  
¼ cup dried cranberries  
¼ cup dried currants  
1 tablespoon butter or margarine  
1/3 cup sliced almonds, toasted

Bring wild rice and broth to a boil; reduce heat; cover and simmer for 10 minutes. Remove from heat; stir in Barley, cranberries, currants and butter. Spoon into greased 1½-quart baking dish. Cover and bake at 325° for 55 minutes or until tender. Add almonds and fluff with a fork.