

# Recipes With Wild Rice



**SLINDEE WILD RICE  
BLACKDUCK, MINNESOTA**

*Distributors of Wild Rice*

**- WHOLESALE AND RETAIL -**

**For information, write or call**

**Phil & Kari Slindee**

**P.O. Box 62**

**BLACKDUCK, MINNESOTA 56630**

**Phone: (218) 835-4697**

**Fax: (218) 835-7412**

**EMAIL: [pslindee@paulbunyan.net](mailto:pslindee@paulbunyan.net)**

**Recipes Compiled By**

**ANN FLOURA - HOME ECONOMIST**

## TABLE OF CONTENTS

Introduction.....	3
Food Value.....	4
Storage.....	4
Basic Preparation.....	5
Microwaved Wild Rice.....	5

### BREAKFAST RECIPES

Apple Wild Rice Breakfast.....	6
Scrambled Eggs with Wild Rice.....	6
Wild Rice and Blueberry Muffins.....	7
Wild Rice Granola.....	8
Wild Rice Pancakes and Waffles.....	8

### CASSEROLE RECIPES

Broccoli Wild Rice Casserole.....	9
Chicken or Partridge and Wild Rice Casserole.....	9
Shrimp and Wild Rice Casserole.....	10
Wild Rice Casserole.....	11

### CHICKEN/DUCK/PORK AND WILD RICE RECIPES

Baked Wild Duck with Wild Rice Stuffing.....	12
Chicken with Wild Rice.....	13
Orange Basted Rock Cornish Game Hens with Wild Rice...13	
Wild Rice Chicken Loaf.....	15
Wild Rice with Pork Chops.....	15

### DRESSING RECIPES

Cranberry Wild Rice.....	16
Crunchy Pecan Wild Rice.....	16
Pecan Wild Rice Dressing.....	17
Wild Rice Dressing.....	17

Wild Rice with Mushrooms and Almonds.....18

**FISH AND SEAFOOD RECIPES**

Fish Fillets and Wild Rice Terran Claire.....19  
 Mushroom and Walnut Sauce .....19  
 Salmon and Wild Rice Bake.....20  
 Wild Rice and Seafood.....21

**WILD RICE SALAD RECIPES**

Polynesian Summer Salad.....22  
 Waldorf Salad.....23  
 Wild Rice Summer Salad.....23

**WILD RICE SOUP RECIPES**

Hamburger Wild Rice Soup.....24  
 Minnesota Wild Rice Soup.....25  
 Potato Wild Rice Soup.....26

**OTHER WILD RICE RECIPES**

Cheddar and Wild Rice.....27  
 Chinese Wild Rice.....28  
 Dinner in Minutes.....29  
 Pita Bread Sandwiches.....29  
 Yogurt Dressing.....30  
 Venison Steaks and Wild Rice.....30  
 Vosteen Wild Rice Special.....31  
 Wild Rice Cheese Balls.....32  
 Wild Rice Pie.....32  
 Wild Rice Stuffed Eggs.....33  
 Wild Rice Supreme.....34  
 Wild Rice Three Grain Bread.....35

Wild rice is an aquatic grass, high in Vitamin B. It is found along the shores of rivers and streams in shallow water, where stands often form dense and continuous beds. In lakes, stands are generally concentrated at sites near the inlet and outlet, where the current is more or less constant.

Harvesting the grain, except in commercial paddies, has changed little since the days when Indians battled for control of the prized lakes. The method makes real work of harvesting but insures that there will always be wild rice, barring possible future pollution. Ricing is done by teams in boats of prescribed-by-law length. Usually these boats are canoes. To prevent damage and loss of the crop, the boat is poled from the rear. The front man, using what looks like oversized drum sticks, knocks the ripe rice from its stalk into the boat. With this method of harvesting, conservation experts estimate that less than one-fifth of the rice is harvested, the remainder falls into the water to become seed for future crops and food for wildlife.

**FOOD VALUE**

One hundred grams (3 ½ ounces) of raw wild rice contain 353 calories.\* Wild rice contributes protein, potassium, phosphorus, and the B vitamins to the diet, and is low in fat. It contains:

14.10 g protein	4.20 mg iron
.79 g fat	220.00 mg potassium
75.00 g carbohydrate	.45 mg thiamine
19.00 mg calcium	.63 mg riboflavin
339.00 mg phosphorus	6.20 mg niacin

\*"Composition of Foods," Agricultural Handbook No. 8, U.S. Department of Agriculture.

A half cup of cooked wild rice has about 70 calories. Vegetarians count on the protein found in wild rice.

**STORAGE**

Store wild rice in a tightly covered container in a cool, dry place and it will keep indefinitely.

**BASIC PREPARATION**

One cup uncooked wild rice equals three cups of cooked rice.

1. Wash rice thoroughly by running cold water in pan of rice and pouring off any particles that float to the top.
2. Place with two cups of boiling water, four tablespoons of butter, two teaspoons of salt in the top of a double boiler.
3. Cover and cook for about one hour or until the rice is fluffy and dry.

**The cooked rice may be served as a cereal with cream and sugar.**

**MICROWAVED WILD RICE**

Place one cup of wild rice in a three quart glass covered casserole. Add four cups of water and one teaspoon of salt. Microwave on high about six minutes, then reduce power setting to low or defrost and microwave thirty minutes. Leave rice undisturbed in microwave oven for another ten to fifteen minutes. Check to be sure rice is tender.

## BREAKFAST RECIPES

### APPLE WILD RICE BREAKFAST

- 1 cup cooked wild rice
- 1 unpared apple, cut into ½ inch cubes
- 1 teaspoon butter
- 2 Tablespoons brown or maple sugar
- ¼ teaspoon salt
- ¼ teaspoon cinnamon
- ½ cup cream, or as desired

Saute the apples in the butter in a small skillet set over low heat for about 5 minutes. Sprinkle the brown sugar, salt, and cinnamon over the apples and stir in the wild rice. Cook, stirring until the rice is heated thoroughly. Serves two people.

### SCRAMBLED EGGS WITH WILD RICE

- ¼ cup of chopped celery and green pepper
- 2 Tablespoons butter
- 8 eggs
- ½ cup of half and half or milk
- 1 cup of cooked wild rice
- Salt and pepper to taste

Saute' celery and green pepper in butter in a skillet over medium heat. Lightly beat eggs with half and half. Stir in the rice. Pour into the skillet

6

and scramble until set, but soft. Season. Serves four to six people.

### WILD RICE BLUEBERRY MUFFINS

- 1 ½ cups all-purpose flour
- ¼ cup melted butter
- ½ cup sugar
- 2 eggs
- 2 teaspoons baking powder
- ½ cup milk
- 1 teaspoon ground coriander
- ½ teaspoon salt
- 1 cup fresh blueberries
- ½ cup cooked wild rice

Stir together the flour, sugar, baking powder, coriander, and salt. In another bowl, whisk together butter, eggs, and milk. Put 1 Tablespoon of dry ingredients over blueberries to coat. Then fold liquid ingredients into dry. Fold blueberries and wild rice into batter. Batter will be stiff. Spoon into buttered muffin tins. Bake at 400 degrees for 15 to 20 minutes. Makes 12 muffins.

7

## WILD RICE GRANOLA

- 1 pound cooked wild rice
- 1 pound brown sugar
- 1 bag raisins
- 1 jar dry roasted peanuts

Combine ingredients and serve over yogurt, ice cream, pudding or custard.

### WILD RICE PANCAKES OR WAFFLES

Fold ½ to 1 cup cooked wild rice to your favorite pancake or waffle batter. Serve with butter and warm fruit or maple syrup.

8

## CASSEROLE RECIPES

### BROCCOLI AND WILD RICE CASSEROLE

- 3 packages of frozen, chopped broccoli
- 1 cup of cooked wild rice
- 1 can chopped pimienta
- 1 can of sliced water chestnuts
- 1 eight ounce jar Cheez Whiz
- 1 stick of margarine, sliced
- 1 can of celery soup
- Shredded sharp cheese (enough to cover the casserole)

Cook broccoli according to package directions. Combine the next six ingredients. Pour into a buttered casserole. Top with cheese. Bake at 350 degrees until hot and bubbly.

### CHICKEN OR PARTRIDGE AND WILD RICE CASSEROLE

- 2 cups cooked wild rice
- 2 cups cooked chicken or partridge, diced
- 1 can mushroom soup
- 10 ribs of celery, diced
- 1 can cream of chicken soup
- ½ green pepper
- 1 can chestnuts, diced
- 1 medium onion
- ¼ cup slivered almonds

9

Cook wild rice and drain. Add soups, chestnuts, onion, celery, pepper, chicken and mix together. Bake in a greased casserole, uncovered, at 350 degrees for 1 hour and 10 minutes. \*BEFORE DONE -sprinkle almonds on top. Serves 8-10 people.

#### SHRIMP AND WILD RICE CASSEROLE

2 cups of cooked wild rice  
2 Tablespoons of chopped green pepper  
2 Tablespoons of chopped onion  
2 Tablespoons of butter  
2 Tablespoons of lemon juice  
1 teaspoon of Worcestershire sauce  
½ pound of uncooked shrimp (cleaned) or one can of small shrimp  
1 can of cream of mushroom soup  
¾ cup of cubed, sharp cheese  
1 teaspoon dry mustard

Saute' green pepper and onion in butter. Add to cooked wild rice. Add remaining ingredients and mix well. Season to taste. Bake in a greased, uncovered casserole dish for thirty minutes at 375 degrees for uncooked shrimp. Bake for thirty minutes at 350 degrees for cooked shrimp.

10

#### CHICKEN/DUCK/PORK AND WILD RICE RECIPES

##### BAKED WILD DUCK WITH WILD STUFFING (6 ducks)

1 cup cooked wild rice  
¾ cup minced onion  
1 ½ cups chopped celery  
1 cup butter or margarine  
5 cups dry bread cubes  
2 teaspoon salt  
1 ½ teaspoons crushed sage  
1 teaspoon thyme leaves  
½ teaspoon pepper

In large skillet, cook and stir onion and celery in butter until onion is tender. Add remaining ingredients and toss. Add enough water to moisten dressing.

Clean ducks, wash and pat dry. Stuff ducks and place breast up in a roasting pan. Add ½ inch of water, cover and bake for three hours at 350 degrees or until well done.

12

#### WILD RICE CASSEROLE

2/3 cup wild rice Wash, then cover with boiling water and set aside to cool.  
1½ pounds of hamburger  
1 large, chopped onion  
1 chopped green pepper (optional)  
2 Tablespoons of salad oil  
1 can cream of mushroom soup  
1 can chicken rice soup  
1 small can of mushrooms  
1 Tablespoon of thyme  
1 Tablespoon of parsley flakes  
¼ teaspoon of garlic salt  
1/8 teaspoon of pepper

Brown the hamburger. Saute' the onion and green pepper in oil. Combine all ingredients and sprinkle top with parmesan cheese. Bake at 350 degrees for 1 ½ hours.

11

#### CHICKEN WITH WILD RICE

2 cups of wild rice  
1 package of dry onion soup  
1 can of cream of chicken soup  
1 can of cream of mushroom soup  
1 soup can of water  
1 10 ounce can of mushrooms  
8 chicken breasts or 2 quartered chickens  
Salt and pepper

Wash wild rice well and soak for one hour. Place rice in baking dish, add soups, water and mushrooms, top with chicken. Salt and pepper chicken; cover with heavy foil. Bake at 350 degrees for one hour and thirty minutes. Yields eight servings.

#### ORANGE BASED ROCK CORNISH GAME HENS SERVED ON A BED OF WILD RICE

4 Rock Cornish Game Hens (1 to 1 ¼ pounds each)  
3 cups of cooked wild rice  
2/3 cup raisins  
2/3 cup of orange juice  
¼ cup butter or margarine  
¼ cup flour  
1 teaspoon salt  
¼ teaspoon paprika  
1/8 teaspoon pepper  
2 cups milk

13

## WILD RICE CHICKEN LOAF

Wash hens and pat dry. If desired, rub cavities lightly with salt. Place hens breast side up on a rack in open shallow roasting pan. Brush with melted butter. **Do not add water. Do not cover.** Roast for one hour at 350 degrees. Brush three or four time with butter. After one hour, increase oven temperature to 400 degrees and roast hens for ten more minutes or until brown.

Combine raisins and orange juice in saucepan. Heat to a boil. Simmer for five minutes and set aside.

Melt butter, blend in flour, salt, paprika, and pepper. Cook over a low heat, stirring until mixture is smooth and bubbly. Remove from heat. Stir in milk. Heat to boiling, stirring constantly. Boil and stir for one minute. Gradually add raisin-orange mixture.

Place hens on a bed of wild rice. Pour some of the sauce over the hens. Serve remaining sauce separately.

1 ½ cups diced cooked chicken  
2 cups of cooked canned peas, drained  
½ cup of chopped celery  
1 Tablespoon of diced pimento  
2 cups of cooked wild rice  
½ cup of milk  
2 egg yolks, beaten  
1 teaspoon salt  
1/8 teaspoon of pepper

Put chicken and peas through a food processor. Add remaining ingredients and place in a greased loaf pan or ring mold. Bake at 350 degrees until firm, about forty minutes. Serve with cream or mushroom sauce.

## WILD RICE WITH PORK CHOPS

2 cups of cooked wild rice  
1 chopped onion  
1 cup diced celery  
6 pork chops  
1 can of mushroom soup

Brown pork chops. Saute' onions and celery. Mix onions celery and wild rice in a greased baking dish. Place pork chops on top. Pour mushroom soup over all and bake for one hour at 350 degrees.

14

15

## WILD RICE DRESSINGS

### CRANBERRY WILD RICE

4 cups wild rice  
1 (10 oz) package frozen cranberries with orange relish, thawed

Combine the cooked wild rice and the thawed cranberries in a buttered 2 quart casserole. Cover and baked at 350 degrees 20 to 30 minutes or until heated through. Serves six people. Colorful and terrific accompaniment for turkey, chicken, or pork.

### CRUNCHY PECAN WILD RICE

4 cups of cooked wild rice  
1 finely chopped onion  
1 cup chopped pecans  
¼ cup butter  
1 teaspoon seasoned salt  
2 to 3 Tablespoons fresh snipped parsley

Saute' onion and pecans in butter. Sprinkle with seasoned salt. Stir in wild rice and cook in skillet until heated through. Adjust seasoning. Sprinkle with parsley. Serves four to six people.

## PECAN AND WILD RICE DRESSING

3 cups cooked wild rice  
1 cup day-old bread crumbs  
1 medium, finely chopped onion  
1 medium chopped apple with skin  
¼ cup of butter  
½ cup chopped pecans  
½ teaspoon of poultry seasoning  
½ to 1 cup chicken bouillon, more if needed

Combine wild rice with bread crumbs. Saute' onion and apple in butter and combine with pecans and poultry seasoning. Add to rice mixture, tossing to mix. Moisten with the chicken bouillon so the mixture will hold together. Put the dressing into a buttered 1 ½ quart casserole and cover. Bake at 350 degrees for thirty minutes. Uncover and bake ten minutes to brown top. Serves four to six people.

## WILD RICE DRESSING

Try adding washed and soaked rice to your favorite bread dressing, or for an all rice dressing try this—

1 cup uncooked wild rice  
1 chopped onion  
2 stalks chopped celery  
¼ cup butter  
Salt and pepper to taste

16

17

Sage to taste  
2 Tablespoons chopped green pepper (optional)

Wash rice and soak one hour. Saute' onion and celery in butter until transparent. Combine with rice, seasonings and green pepper. Use stuffing with duck or fowl.

#### WILD RICE WITH MUSHROOMS AND ALMONDS

½ pound of fresh or canned mushrooms  
1 cup wild rice  
¼ pound butter  
1 chopped small onion  
3 cups of chicken stock or broth  
½ cup slivered almonds  
¼ chopped green pepper  
½ cup chopped celery

Put all ingredients, except stock, in a heavy frying pan. Cook until rice turns yellow, stirring often. Add chicken stock and bake in a tightly covered casserole for two hours at 325 degrees

18

3 Tablespoons of flour  
½ teaspoon of dry mustard  
½ teaspoon of salt

In a saucepan, melt 3 Tablespoons of margarine. Add 1 tablespoon minced onion and 1 cup of sliced mushrooms. Cook until tender. Stir in 3 Tablespoons of flour, ½ teaspoon of dry mustard, ½ teaspoon of salt, and ¼ teaspoon of thyme. Gradually stir in 2 cups half and half cream. Cook over medium heat until thickened, stirring constantly. Stir in ¼ cup toasted walnuts. Serve over fish and rice. Makes 2 ½ cups of sauce.

#### SALMON AND RICE BAKE

1 ten ounce package of frozen broccoli, broken apart  
1 ½ cup of cooked wild rice  
1 cup water  
1 cup cream of mushroom soup  
1 cup (7 ¾ ounces) of salmon, drained and flaked  
2 Tablespoons of margarine or butter  
½ teaspoon of salt

Mix all ingredients into a 1 ½ quart casserole. Cover and microwave for five minutes. Stir. Cover and microwave until the broccoli is tender. Stir before serving. Serves four people.

20

## FISH, SEAFOOD AND WILD RICE

### FISH FILLETS AND WILD RICE TERRAN CLAIRE

2 pounds fresh fish fillets  
1 cup chopped fresh mushrooms  
½ teaspoon salt  
¼ cup minced onions  
¼ teaspoon pepper  
¼ cup minced celery  
3 slices chopped bacon  
2 Tablespoons melted margarine  
2 cups cooked rice

Cut fillets into serving sized portions and season with salt and pepper. In a skillet, cook bacon until lightly browned. Add mushrooms, onion, and celery, and cook until tender. Stir in cooked rice and salt. Place fish in a well-greased pan. Spoon rice mixture on top of fish. Drizzle melted margarine over rice. Cover and bake at 350 degrees for 20 minutes or until fish flakes. Serve topped with mushroom and walnut sauce. Serves six people.

### MUSHROOM-WALNUT SAUCE

3 Tablespoons of margarine  
1 Tablespoon of minced onion  
1 cup of sliced mushrooms

19

### WILD RICE AND SEAFOOD

2 cups cooked wild rice  
2 cans mushrooms  
1 cup diced celery  
1 chopped medium onion  
¼ cup of butter  
1 pound of lobster tails, cooked and chopped  
1 pound of shrimp, cooked and chopped  
1 chopped green pepper  
2 Tablespoons pimiento  
2 cans of mushroom soup  
¼ cup of milk  
½ cup toasted almonds

Saute' mushrooms, celery and onion in butter for five minutes. Add all other ingredients, except nuts. Place in a greased casserole and top with nuts. Bake forty-five minutes at 350 degrees. Serves six.

21

## WILD RICE SALADS

### POLYNESIAN SUMMER SALAD

2 cups of cooked wild rice  
2 cups of cooked, cut up chicken or turkey  
1 (eight ounce) can of pineapple chunks, drained  
1 cup of green grapes  
½ cup of coarsely, chopped cashew nuts

#### DRESSING

½ cup of mayonnaise  
½ cup of sour cream  
½ teaspoon of salt  
curry powder to taste

Toss the cooked wild rice with the chicken, pineapple, green grapes and nuts. Add dressing and carefully fold into salad. Chill. Serve on lettuce. Serves four to six people.

22

## WALDORF SALAD

2 cups of cooked wild rice  
2 large apples  
1 Tablespoon of lemon juice  
2 Tablespoons of brown sugar  
2 ribs of diced celery  
1/3 cup of Miracle Whip  
½ cup of sour cream

Chill the cooked wild rice. Dice the apples and toss with lemon juice and brown sugar. Stir in celery and rice. Blend Miracle Whip and sour cream and add to the salad. Chill thoroughly. Serve on lettuce leaves. Sprinkle with chopped nuts if desired.

### WILD RICE SUMMER SALAD

1 cup cooked wild rice  
2/3 cup canned or frozen peas  
¼ cup brown sugar  
½ teaspoon salt  
¼ teaspoon pepper  
4 hard-cooked eggs, sliced  
¼ cup chopped onions  
1/3 cup mayonnaise  
1 ½ teaspoon mustard

Combine all ingredients, toss, and chill.

23

## WILD RICE SOUPS

### HAMBURGER WILD RICE SOUP

1 pound ground beef  
2 cups cooked wild rice  
1 (10 ½ oz) can cream of potato soup  
1 (10 ½ oz) can cream of asparagus or cream of celery  
2 soup cans of milk  
1 cup shredded cheddar cheese  
Garlic salt about 1 teaspoon or to taste  
Dried or fresh parsley flakes, about 1 teaspoon

Brown the ground beef and drain. Prepare wild rice ahead of time according to basic preparation (see page 2). Combine the soups, milk and cheese and blend. Add wild rice and ground beef and simmer until cheese has melted. Add garlic and parsley, adjusting to taste. Serves four to six people.

24

### MINNESOTA WILD RICE SOUP

1 pound ground beef  
½ teaspoon salt  
1 Tablespoon Italian seasoning  
1 cup wild rice partially cooked  
1 cup water  
3 drops Tabasco  
2 teaspoons or 2 cubes beef bouillon  
½ black pepper  
4 ribs celery, chopped  
1 onion, diced  
3 (10 oz) cans of cream of mushroom soup  
2 soup cans of water

In a heavy soup kettle, brown the beef with the salt and Italian seasoning. Add the wild rice and water, Tabasco, bouillon, pepper, celery, and onion and simmer about 30 minutes. Stir in the soup and soup cans of water. Cover and simmer another 30 minutes. Adjust seasonings. Serves eight to ten people.

25

## POTATO WILD RICE SOUP

1 Tablespoon of minced onion  
1 cup of water or chicken broth  
1 can of cream of potato soup  
1 cup of half and half  
1 cup of shredded Swiss cheese, or any other cheese that melts well.  
1 cup of cooked wild rice  
1 cup of cooked chicken\*  
½ a bag of frozen California blend vegetables\*  
3 slices of cooked, crumbled bacon\*

Put the instant onion and water in a two to three quart heavy saucepan. Bring to a boil and cook, covered for about three minutes. Stir in soup and blend until smooth. Add the half and half, cheese, wild rice and chicken. If adding the vegetables, microwave them in a dish for about four minutes before adding. Cook the soup over low heat until the cheese is melted and the soup warmed. Sprinkle bacon over soup and serve. Serves four.

\*optional

This recipe is very easy to double. Follow instructions, doubling ingredients. Cook in a crockpot.

26

## OTHER WILD RICE RECIPES

### CHEDDAR AND WILD RICE

4 cups cooked wild rice  
2 cups sliced, fresh mushrooms  
3 Tablespoons butter  
2 cups grated cheddar cheese

Saute' the mushrooms in butter and toss rice with the sautéed mushrooms and cheese and spoon into a buttered two quart casserole. Cover and bake at 325 degrees about twenty minutes. Uncover and bake for ten minutes longer. Use as a main dish or a side dish.

27

### CHINESE WILD RICE

2/3 cup wild rice simmered in  
3 cups water until tender, drain.

Saute in butter  
1 chopped onion  
½ cup chopped green pepper  
½ cup chopped celery

Add 1 pound browned ground beef

Then add the rice  
1 can cream of mushroom soup  
1 can sliced, drained water chestnuts  
1 can drained bamboo shoots  
¼ cup soy sauce

No additional salt

Bake in casserole at 350 degrees until hot and bubbly. Stir as needed.

28

### DINNER IN MINUTES (8-10 servings)

¼ cup butter  
2 cups diced celery  
2 medium chopped onions  
¾ cup diced meat-ham, chicken or browned ground beef  
¼ cup diced green pepper  
2 Tablespoons pimentos  
1-4 oz can mushrooms  
3 cups cooked wild rice

Saute onion and celery in butter. Add remaining ingredients and cook on low heat for 5-10 minutes.

### PITA BREAD SANDWICHES

Stuff pita bread or split pocket bread with a mixture of your choice of fresh vegetables and two cups of wild rice. Garnish with shredded cheese and sunflower seeds. You may add crisp greens and blend with yogurt dressing.

29



## YOGURT DRESSING

1 cup unflavored low-fat yogurt  
1 teaspoon Dijon style mustard  
¼ teaspoon Salt  
1 teaspoon Italian style herb blend

Blend yogurt with the mustard, salt and herbs. Let stand 30 minutes for flavors to blend.

## VENISON STEAKS WITH WILD RICE

4 venison steaks, round or sirloin  
Red wine  
Freshly-ground black pepper  
Flour  
Oil  
1 cup uncooked wild rice  
2 cups double strength beef bouillon

Marinate steaks in wine at least 6 hours, turning frequently. Remove from wine and pat dry. Pound the steaks with liberal amounts of freshly ground pepper. Dust the steaks with flour and brown both sides in hot oil in frying pan.

Stir wild rice with bouillon in shallow 9x 11 inch casserole. Place steaks over rice. Cover and bake at 300 degrees for 1 ½ hours. Uncover and continue baking until steaks are crispy on top and excess liquid is evaporated.

30

## VOSTEEN WILD RICE SPECIAL

1 cup wild rice  
1 cup sliced ripe olives  
1 cup diced cheddar cheese  
½ cup chopped onions  
1 small can button mushrooms  
1/3 cup butter  
1 cup canned tomatoes  
1 teaspoon salt  
1 ½ cups boiling water

Wash wild rice and soak for about 30 minutes in hot water. Drain rice and put in 2 quart casserole. Add the rest of the ingredients and pour the boiling water over all the combined ingredients. Bake 2 hours covered at 350 degrees.

31

## WILD RICE CHEESE BALLS

1 cup cooked wild rice  
1 (five ounce) jar Cheddar Cheese Spread  
1 cup flour  
½ teaspoon baking powder  
¼ cup butter

Have all ingredients at room temperature. Blend all together to paste-like consistency. Shape into one inch balls and chill well. Bake at 350 degrees for ten minutes, or until cheese balls are puffed and lightly browned. Makes about two dozen. Serve hot.

## WILD RICE PIE

This pie tastes like pecan pie and is excellent.

3 eggs, lightly beaten  
½ cup brown sugar  
¾ cup light corn syrup  
¼ teaspoon salt  
1 ½ cups cooked wild rice  
Pastry to a line a 9 inch pie pan

Combine eggs with the brown sugar, corn syrup and salt. Stir to blend well and stir in wild rice. Pour onto the unbaked pie crust and bake at 350 degrees for 40 to 50 minutes, or until center of pie puffs slightly. Serve with whipped cream, if desired. Serves six to eight people.

32

## WILD RICE STUFFED EGGS

¼ cup of uncooked wild rice  
1 ½ teaspoon of caraway seeds  
12 hard boiled eggs, peeled and halved  
4 slices of cooked bacon, crumbled  
6 Tablespoons of mayonnaise  
2 Tablespoons of Dijon style mustard  
Salt and pepper to taste

Combine wild rice and caraway seeds with two cups of water. Simmer uncovered until water is absorbed and rice is cooked. Mash the egg yolks and stir in the cooked wild rice, bacon, mayonnaise, mustard, salt and pepper to taste. Fill egg white halves with yolk mixture. Chill until ready to serve. Makes 24 appetizers.

33

## WILD RICE SUPREME

1 cup raw wild rice  
½ teaspoon salt  
3 cups boiling water  
1 pound seasoned sausage meat  
¼ cup flour  
2 cups of milk  
¼ cup buttered crumbs  
8 ounce can mushrooms  
½ teaspoon Worcestershire sauce

Cook raw wild rice according to the basic preparation. Fry the seasoned sausage meat 15 minutes and drain. Slice mushrooms and sauté them in butter for 10 minutes or until tender. Add flour and stir until smooth. Gradually add milk, stirring constantly. Continue stirring until sauce is thick and smooth. Add Worcestershire sauce. Combine rice, sausage, and mushroom sauce. Place mixture in a greased casserole. Top with buttered crumbs and bake at 370 degrees for 30 minutes. Serves eight people.

## WILD RICE THREE GRAIN BREAD

1 package active dry yeast  
1/3 cup warm water, 105-115 degrees  
2 cups milk, scalded then cooled  
2 Tablespoons butter or lard, melted  
2 teaspoon salt  
½ cup honey  
½ cup uncooked rolled oats  
½ cup rye flour  
2 cups whole wheat flour  
4 to 4 ½ cups of white flour  
1 cup cooked wild rice  
1 egg, beaten with 1 Tablespoon water  
½ cup hulled sunflower seeds

In a large bowl, dissolve yeast in water. Add milk, butter, salt, and honey. Stir in oats, rye flour, whole wheat flour, and two cups of white flour to make a soft dough. Add the wild rice. Cover and let rest 15 minutes. Stir in enough additional white flour to make a stiff dough. Turn out on floured bread board and knead 10 minutes. Add more flour as necessary to keep dough from sticking. Put in lightly greased bowl and cover. Let mixture rise until doubled, about 2 hours. Punch down. Shape and bake in two 9 ½ x 9 ½ inch bread pans. Let rise until doubled, brush tops of loaves with egg mixed with water. Slash loaves if desired. Sprinkle with sunflower seeds. Bake at 375 degrees for 45 minutes. Makes two loaves.