

## Hamburger Wild Rice Casserole

1 cup wild rice  
1 lb. Hamburger  
1 cup diced celery  
1 large onion, minced  
1 can cream of mushroom soup  
1 cup water  
Cover rice with boiling water and let sit 1 hour.  
Brown hamburger until redness is gone.  
Add celery, onion, soup and water.  
Add to drained wild rice.  
Bake in covered 2 quart greased casserole 1 hour at 325 degrees.

## Wild Rice Soup

2 cups of cooked wild rice  
½ lb of bacon cut up  
1 lb hamburger  
1 small onion (diced)  
1 large can whole tomato  
1 large can of stewed tomato  
1 can tomato juice  
Fry bacon, hamburger, onion, celery together until done.  
Add 1 large can of whole tomatoes (enough to make it soupy).  
1 can of tomato juice.  
Add salt and pepper to taste.  
Simmer for 2 hours.  
\*Instead of stewed tomatoes add salsa sauce.  
The longer you simmer the better  
Serves 6-8

## Creamy Hot Dish

2-3 cup cooked Wild Rice  
½ lb. Bacon (cut into ¼ in. Pieces)  
1 stalk celery cut up  
1 small onion cut up  
2 cans of water chestnuts (drained)  
2 chicken breasts chopped up

40-50 count shrimp take hard shell off tail  
1 jar garlic mushrooms  
2 chicken bullion cubes  
2 lg. Cans of cream of mushroom soup  
Mix rice, bacon, celery, onion, Chicken together.  
Add 2 cans of water chestnuts (drained), Shrimp,  
1 jar of garlic mushrooms (not drained).  
Add 2 chicken bullion cubes, 2 large cans of cream of mushroom soup.  
Add just a little bit of water to each can.  
Cook for 2 ½ hours at 300 degrees.  
Serves 6-8.

## Wild Duck with Wild Rice

1 ½ c. Cooked wild rice  
6 strips bacon, diced  
2 stalks celery, minced  
1 med. Onion, minced  
½ green pepper minced  
¼ tsp. Pepper  
Salt to taste  
4 wild ducks  
Cook wild rice. Fry bacon until crisp, remove from pan and drain. Saute celery, onion and green pepper in bacon drippings until tender. Drain. Combine bacon, cooked wild rice and seasonings. Fill cavities of ducks with stuffing and close openings with small skewers. Bake at 325\* for about 3 hours. Place strips of bacon over breasts of ducks if needs before baking. Serves 4

## Blueberry Wild Rice Muffins

Mix together 2 c. Flour, 3 tsp. Baking powder, ¾ tsp. Salt, 1/3 c. Brown sugar, 1 tsp. Cinnamon.  
Mix together 1 egg, 1/3 c. Oil, 1 c. Milk  
Add liquid to dry ingredients. Don't over mix.  
Stir in 1 c. Fresh canned or frozen blueberries,  
1 ½ c. Cooked rice.  
Bake in muffin tins for about 20 min at 400\*

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## Nutrition Facts

Serving size ¼ cup(45 g) uncooked  
Serving Per Container about 11

### Amount Per Serving

<b>Calories</b> 170	Calories from fat 5	
		% Daily Value*
<b>Total Fat</b> 0.5 g		<b>1%</b>
Saturated Fat 0 g		<b>0%</b>
<b>Cholesterol</b> 0 mg		<b>0%</b>
<b>Sodium</b> 0 mg		<b>0%</b>
<b>Potassium</b> 120 mg		<b>3%</b>
<b>Total Carbohydrates</b> 35 mg		<b>12%</b>
Dietary Fiber 2 g		<b>8%</b>
Sugar 0 g		
<b>Protein</b> 6 g		
Vitamin A 0%	Vitamin C 0%	
Calcium 0%	Iron 4%	

\*Percent Daily Values are based on a 2,000 calorie diet.

## Did You Know?

Wild rice was a staple food of the Sioux & Chippewa Indians. It takes 2 to 3 lbs. Of green (unprocessed) wild rice to yield 1 lb. Of finished (processed) wild rice.

Millions of pounds of wild rice are harvested each year in Canada & the U.S. Minnesota produces most of this.

To prevent damage and loss of the crop, the boat or canoe is poled from the rear while the front man in the team, using what looks like oversized drum sticks, knocks the ripe rice from it's stalk into The boat. Approximately 4/5ths of the seed falls Back into the water to become seed for future crops and food for wildlife.

Delectable dishes may be created, as we hope you will discover after making use of "Terri's Favorite Recipes"

## Basic Preparation

### Method #1

Wash one cup of wild rice thoroughly. Place the wild rice in a heavy saucepan with 4 cups of salted water. Bring to a boil.

Simmer covered for about 45 min. until tender but not mushy. (Remember wild rice may have different preparation times).

Uncover. Fluff with a table fork. Simmer for an additional 5 min. Drain excess liquid, if any.

### Method #2

1 cup raw wild rice. Rinse thoroughly and put in a covered baking dish. Add 3 cups of water and 3 heaping tsp. Of granulated chicken bouillon. Cover and bake in a 350\* oven for 1 ½ hours. Check rice after 1 hours time. If more water is

needed, add water, fluff with fork. Continue baking for the additional ½ hour. Rice should be moist, not dry.

If you are serving wild rice as a breakfast cereal or if any reason you do not want the meal flavor, eliminate the bouillon and add ¾ tsp. salt instead. It is just as easy to bake 2 or 3 batches of wild rice while your oven is hot. Put extra batches in sealed bags and freeze for future use.

Wild rice freezes beautifully and is handy to have on hand.

## Microwave

Any of the basic directions and standard recipes can be adapted to the microwave oven, but you should make time adjustments suitable for your particular oven, using the manufacturer's directions and recipes as a guideline. Because wild rice requires a long simmering time, the microwave oven does not reduce the cook time drastically. Use the following basic directions, making adjustments in time according to the power of your microwave.

Place 1 cup wild rice & 4 cups water and 1 tsp. salt in a 3 qt. glass-covered casserole.

Cook on high about 6 min., then reduce power Setting to low, or defrost and cook for 30 min.

Leave rice undisturbed in the oven for another 10-15 min. Check to be sure rice is tender.

## Wild Rice Salad

4 cup wild rice (cooked) ¼ cup onion  
½ cup celery 1 cup cashews  
1 ½ cup green grapes 1 lg. Apple  
1 ½ cup of cubed turkey breast (cooked)  
2 cups of real mayonnaise  
Toss all together, chill for 2 hours. Serves 6-8

## Spanish Wild Rice

2 cups cooked wild rice ½ lb. Bacon cut up ¼ cup onion diced 1 can tomato soup 1 jar salsa

Cook wild rice according to basic preparation. Brown bacon and onion. Cook until bacon is crisp. Drain grease. Add to wild rice, soup and salsa sauce. Bake 350\* for 30 min.

## Walleye & Wild Rice

2 lb. Walleye fillets 1 tsp. salt  
¼ tsp. pepper 3 slices bacon  
1 c chopped mushrooms ¼ c minced onions  
2 ½ c cooked wild rice ¼ c minced celery  
Cut fillets into serving sized pieces. Put in greased baking dish and sprinkle with salt and pepper.

Saute bacon, mushrooms, onion and celery. Stir in wild rice and ½ tsp salt. Spoon ½ cup wild rice on top of each fillet. Drizzle 2 tbs melted butter over rice. Cover and bake at 350\* for 20 min. Serve with mushroom sauce.

### Mushroom Sauce

3 tbs butter 1 tbs minced onion  
1 c sliced mushrooms 3 tbs flour  
½ tsp salt 2 c half & half  
¼ c chopped walnuts ½ tsp dry mustard  
Cook all ingredients until thick.

## Wild Rice Stuffing

1 c uncooked wild rice ½ lb fresh mushrooms  
3 c chicken broth 1/3 tsp salt  
1 c diced celery ¼ tsp pepper  
¼ c minced onion ¼ tsp sage  
½ c melted margarine ¼ tsp thyme

Cook wild rice using chicken broth in place of water. Saute celery, onion and mushrooms in margarine for 2-3 min. Combine all ingredients. Makes enough dressing for a 10 lb. turkey.