



Supplying two-thirds of the
Worlds Wild Rice Needs

August 13, 2008

California Wild Rice Advisory Board Releases New Recipes to Commemorate September as California Wild Rice Month

Monterey Peninsula Executive Chefs Craig Von Foerster, Collin Moody and Kurt Grasing Showcase the Versatility and Nutritional Value of California Wild Rice

SACRAMENTO, CA: (Marketwire-August 13, 2008)
A select group of executive chefs from California's Famed Monterey Peninsula, at the request of the California Wild Rice Advisory Board. (www.cawildrice.com) Have recently developed a series of recipes for the home cook and as inspiration for chefs. The Wild Rice recipes and photographs are being release to coincide with California Wild Rice month in September. (www.wildricechef.com)

California Wild Rice, one of the most versatile whole grains, is appreciated for its quality, sophistication and complex, smoky, nutty flavor. Mother Nature has blessed this unusual whole grain with amazing nutritional properties. (www.cawildrice.com/wild-rice-nutrition.php) And, the skills and efficiency of the California wild rice growers have led to increased yields, positioning California as the producer of two thirds of the world's supply of wild rice at an affordable price.



California Wild Rice Crepes
with Chili Lime Shrimp created by
Executive Chef Collin Moody

The nutritional value of whole grains cannot be overstated. California Wild Rice contains more than 12% protein uncooked and is significantly richer in protein than either brown or white rice. (www.cawildrice.com/comparative_nutritional_values.php) It's high in complex carbohydrates and is a good source of fiber as well as being fat free and low in sodium. According to the Whole Grains Council, (www.wholegrainscouncil.org), whole grains are often an even better source of disease-fighting phytochemicals and antioxidants than fruits and vegetables.



Duck with California Wild Rice
pilaf created by
Executive Chef Kurt Grasing

California Wild Rice is truly a "California Grown" product, (www.californiagrown.org), satisfying consumer demand for locally grown and environmentally friendly foods. California Wild Rice is neither "wild" nor is it "rice", rather it is the seed of semi-aquatic grass native to North America, grown by California farmers in the fields of the Sacramento Valley and in the shadow of Mount Shasta. Harvest is normally in August and September, thus giving us good reason to celebrate California Wild Rice Month in September. The wild rice fields offer both food and nesting places for the annual migration of waterfowl and shore birds along the Pacific Flyway.

California Wild Rice can be used in a spectrum of dishes including salads, soups, stews, pilafs, casseroles, breads and even desserts. It complements meats, poultry and fish as well as fruits, nuts and vegetables. It also makes a delicious bed for grilled items just off the barbecue.

Chefs appreciate California Wild Rice and use it to increase the value of the plate. For restaurants seeking to add healthy items to their menus, California Wild Rice offers extra flavor, texture and nutrition. Wild Rice is a natural for meatless diets because of its high protein, mineral and vitamin content.

The following is a list of the Monterey executive chefs and their recipes. These recipes and more may be found at www.cawildrice.com along with mouth-watering photographs of each dish by Patrick Tregenza Foto.

Executive Chef Craig von Foerster, Sierra Mar Restaurant in Big Sur

- CA Wild Rice, Arugula, Grapefruit and Toasted Pecan Salad
- Roast Pork Tenderloin with Maple-hazelnut Brown Butter

Executive Chef Brandon Miller, Stokes Adobe, Monterey

- Rabbit Roulade stuffed with California Wild Rice

Executive Chef Colin Moody, MCCP Country Club, Pebble Beach

- Gingered CA Wild Rice and Papaya Salad
- CA Wild Rice Crepes with Chili Lime Shrimp

Executive Chef Kurt Grasing, Grasing's, Carmel

- Duck with CA Wild Rice Pilaf and Five Spice

Executive Chef Jérôme Viel, Wills Fargo, Carmel Valley

- Roasted Rack of Lamb with CA Wild Rice, Dates and Spices

Executive Chef Sarah LaCasse, Earthbound Farms, Carmel

- CA Wild Rice and CA Lamb Shanks, Dates, Apricots and Spices

Executive Chef Ben Spungin, Bernardus, Carmel Valley

CA Wild Rice Honey Pudding. Yes, a dessert!



Pork Loin with California Wild Rice created by Executive Chef Craig Von Foerster



Executive Chef Wendy Brody California Wild Rice video

A video demonstrating step-by-step cooking techniques is available for viewing on the CA Wild Rice Advisory Board Web Site, www.cawildrice.com. Visitors to this site will discover the simplicity of preparing Wild Rice, along with tips for incorporating flavor, nutrition and texture into everyday meals with California Wild Rice.

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