

Cooking Instructions – Minnesota Cultivated Wild Rice

Wild rice should always be cooked covered. However, you may open the lid to stir it from time to time. Wild rice is properly cooked when kernels are tender and many have burst open to reveal a cream-colored interior. Overcooking will cause split kernels to curl. For optimum taste, its chewy texture should remain true after cooking.

Stovetop Method:

Bring 3 cups water or stock to a boil, stir in 1 cup uncooked Red Lake Nation Foods Wild Rice reduce heat and simmer, covered 40-45 minutes or just until kernels puff open. Uncover and fluff with a fork and simmer an additional 5 minutes. Drain off any excess liquid.

Oven Method:

In a 2-quart casserole, pour 3 cups water or stock over 1 cup wild rice. Cover and bake at 350° F for 1 hour. Fluff with a fork and continue baking for another 30 minutes. Drain any excess liquid. Fluff with fork and season to taste.

Microwave Method:

In a 2-quart microwave-safe bowl, add 1 cup wild rice to 3 cups water or stock. Cover and microwave on HIGH for 5 minutes, then microwave on MEDIUM for 30 minutes more. Let stand for 10 minutes; drain any excess liquid. Fluff with a fork and season to taste.

Rice Cooker Method:

Rub with butter or spray rice cooker pan with nonstick cooking spray. Add 2 cups of water or chicken broth and 1 cup of wild rice. Cook 50 minutes or until rice is fluffy, let stand for 10 minutes.