

EDIBLE PLANT COOKING  
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MENU

Salad	Miner's lettuce, plantain, curly dock, watercress, chickweed and mustard, with dressing of your choice
Breads	Orange acorn bread Pine nut flour crepes with rose hip fruit spread
Main dishes	Cream of nettle soup with potatoes Wild mustard green pie Curly dock pie
Side dishes	Pasta salad with garlic and mallow greens Fried plantain leaves Sautéed cleavers in won tons
Dessert	Elderberry pie Osgood pie with wild currants
Take-home	Cactus fruit jelly Natural tea assortment, 5 varieties

## TENTATIVE TEAMS

Barbara	Teas Cactus fruit jelly Vinegars Pine nut crepes
Robin	Fried plantains Cream of nettle soup with potatoes Salad
Jim	Rose hip spread Cleavers in won tons Acorn bread Pasta salad w. mallow greens and fruits
Mary	Osgood pie w. currants Mustard greens pie Elderberry pie

## EDIBLE PLANT COOKING INSTRUCTIONS

### SALAD

Any combination of miner's lettuce, mustard leaves, plantain, curly dock, watercress. Select the most tender leaves, make *sure there are no unwanted ingredients*, chop as necessary and remove stems if they are too tough or bitter.

Add a light amount of salad dressing, or let people add their own.

### ORANGE ACORN BREAD

Grind acorns into fine flour in a blender. Leach out the tannin in a colander lined with cheesecloth, and let the flour dry as much as possible.

2 oranges  
1 egg  
3 tbsp melted butter or margarine  
1 cup wheat flour  
1 cup acorn flour  
1 cup sugar  
1 tsp baking powder  
½ tsp salt  
½ tsp baking soda

Preheat oven to 375 degrees. Blend orange juice and grated rind with melted butter or margarine and egg. Combine flour, sugar, baking powder, baking soda and salt, and add to liquid ingredients. If available, gently fold in currants that have been cleaned of dried flower parts. Bake in greased loaf pan for 1 hour.

### CREAM OF NETTLE SOUP WITH POTATOES

1 lb. fresh nettles  
1/2 lb. russet potatoes, diced  
1 leek, white part only  
3 ¼ tsp butter  
1 ¾ cup water  
1/3 cup cream

To make the potato soup:

in small pan. add the butter and sweat leeks until soft. Add potato and water, and cook until soft (falling apart). Use blender and pass through a strainer. Return to pan. Add cream. Season with salt and pepper to taste. Return to blender. Strain again. Chill. Blanch the raw nettles (leaf and thin stems only) until tender. Blend in a mixer until smooth. Pass through fine strainer. Chill.

Combine potato soup and chilled nettle puree. Season to taste with salt and pepper. Heat and thin with water or cream if necessary.

## WILD MUSTARD GREEN PIE

1 onion  
4 to 6 cups mustard leaves  
1 cup grated sharp cheddar  
1 cup grated mozzarella  
2 eggs  
nutmeg, salt, pepper, and Worcestershire sauce

Chop onion and sauté it in a little oil until tender. Rinse the mustard leaves and chop coarsely. Add the leaves to the onion and stir them over low to medium heat until leaves are wilted. Whisk the eggs until lightly beaten.

Then, in a 9 inch pie pan or pie pan, combine onions and greens, the grated cheeses, and the eggs. Add nutmeg, salt, pepper and Worcestershire sauce, all to taste. A thin layer of grated cheddar sprinkled over the surface gives the pie an especially pleasing color.

Bake the pie at 375 degrees for about 30 minutes or until the top begins to brown.

## ROSE HIP FRUIT SPREAD

Clean the rose hips, removing any dried flour parts. Begin to cook the fruits in a little water (so that the hips are covered, but the mixture will not be too thin). After the fruits are soft, put the mixture through a food mill to remove the seeds (and again through a sieve if necessary). Add sugar to taste, and water if necessary, and cook the mixture until it's the right consistency. The spread can be used with muffins or bread.

## PASTA SALAD WITH GARLIC AND WILD GREENS

Pasta such as gemelli  
Greens (e.g. mallow, dock)  
Garlic cloves  
Lemons  
Olive oil

Cook pasta in boiling water until al dente.

Chop greens coarsely removing ribs if necessary. Cook zest and garlic in oil over moderate heat, stirring, until garlic is golden and remove skillet from heat. Add greens to garlic mixture with salt and pepper to taste, tossing with tongs until greens are wilted. Reserve ½ cup pasta cooking water and drain pasta in colander. Add hot pasta and ¼ cup reserved pasta cooking water to greens and cook over moderately low heat, tossing until combined well. If mixture is too dry, stir in more pasta cooking water. Add mallow fruits, lightly steamed or cooked briefly in a little water.

## WON TONS STUFFED WITH CLEAVERS

Freshly picked cleavers (= Galium or bedstraw leaves and stems)  
Peanut oil  
Garlic, minced  
Shallots, minced  
Water chestnuts, rinsed, drained, minced  
Won ton wrappers  
Salt and freshly ground pepper to taste

Wash the cleavers thoroughly and trim any tough stems or roots. Chop and set aside.

Place a wok or skillet over medium-high heat. When it begins to smoke, add the peanut oil, then the garlic and onion. Stir-fry 30 seconds. Add the cleavers and water chestnuts and stir fry until the greens are tender, a few minutes. Transfer the vegetables to a bowl and season with salt and pepper.

When the filling has cooled slightly, form the won tons. Dip your fingers in warm water and moisten the entire surface of a wrapper. Place 1 spoonful of filling in the center of the wrapper and fold it in half. Press the edges to seal. Bring the ends together and moisten with water; press to seal. Cover and set aside the finished won tons while shaping the remainder.

Cook the won tons in boiling water until just tender.

## PINON CREPES (hotcakes)

1 ½ c. finely chopped pine nuts  
1 c. all purpose flour  
½ tsp salt  
2 tbs sugar  
1 c. milk

Mix dry ingredients. Slowly beat in milk to make a smooth batter.

Drop by spoonful onto greased skillet.

Cakes will be thin but light. You can roll them like crepes and dip into elderberry or rose hip syrup.

## ELDERBERRY PIE

\*note: other recipes call for tapioca; use brown sugar instead?

1 recipe pastry for a 9 inch double crust pie  
4 cups elderberries  
1 cup white sugar  
3 tablespoons cornstarch  
1 tablespoon lemon juice

Preheat oven to 375 degrees F (190 degrees C).

Mix cornstarch in a little bit of water and add to berries and sugar. Cook, stirring constantly until desired thickness. Add more cornstarch if not thick enough. Add lemon juice.

Pour into bottom crust. Dot with butter. Put on top crust or make a lattice.

Bake at 375 degrees F (190 degrees C) until browned and berries are bubbling through holes in the crust, approximately 40 minutes.

Note: It is a good idea to put a pan or foil under the pie as it bakes since it might bubble over.

## OSGOOD PIE WITH WILD CURRANTS

1 cup currants

1 / 4 cup butter, at room temperature

2 cups sugar

4 large egg yolks, well beaten

1 / 4 teaspoon ground cinnamon

1 / 4 teaspoon ground cloves

2 tablespoons evaporated milk

1 teaspoon pure vanilla extract

1 teaspoon white vinegar

2 cups chopped pecans

4 large egg whites

1 (9-inch) unbaked pastry shell (we used the Pillsbury refrigerated ready-made pie crusts)

1 cup whipped cream, frozen vanilla yogurt or vanilla ice cream, for garnish

Carefully clean the currants.

Preheat the oven to 350 degrees.

With an electric mixer on medium speed, cream the butter and sugar together until light and fluffy. Add the well-beaten egg yolks, the cinnamon, cloves, evaporated milk, vanilla and vinegar; mix very well.

Stir in the pecans and the currants.

Using a clean bowl and beaters, beat the egg whites until stiff peaks form. Fold the egg whites into the butter mixture. Transfer to the prepared pastry shell and bake in the center of the oven 45 to 50 minutes or until firm. Cool to room temperature before serving.

To serve, garnish each slice with about 2 tablespoons whipped cream, yogurt or ice cream.