

EDIBLE PLANT COOKING  
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MENU

- Salad Miner's lettuce, watercress and chickweed
- Breads Orange acorn bread  
Lemon pine nut muffins
- Appetizer Bruschette with wilted cleavers and Romano cheese  
California mustard dip
- Main dishes Nettle soup with potatoes  
Wild nettle pie
- Side dishes Pasta with pine nuts and sun-dried tomatoes  
Brown rice with wild currants and corn
- Dessert Elderberry pie  
Osgood pie with wild currants
- Beverage Pine needle tea



## EDIBLE PLANT RECIPES

### SALAD

Sort, rinse and chop as necessary watercress, miner's lettuce, chickweed.

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.

### LEMON PINE NUT MUFFINS

Shell and roast pine nuts. Then, grind half of them into flour with a mortar and pestle or in a blender, and reserve the other half.

3/8 cup ground piñon nuts  
3/8 cup whole roasted piñon nuts  
1 ½ lemons, zested and juiced  
3/8 cup honey  
1 ½ tsp vanilla extract  
3/8 cup applesauce  
2 ¼ cups unbleached flour  
1 ½ tsp baking powder  
3/8 tsp baking soda  
3/8 tsp salt  
6 Tbs butter or margarine

Preheat oven to 375 degrees. Zest and juice the lemons. Mix lemon juice, zest, applesauce, honey, vanilla and melted butter in a bowl. In another bowl, mix together 3/8 cup pine nut flour, wheat flour, baking powder, baking soda, and salt. Stir in the whole pine nuts, reserving some to sprinkle on top. Then, blend the liquid mixture into the dry mixture. Scoop the batter into muffin tins lined with paper and sprinkle the remaining pine nuts on top. Bake at 375 degrees for about 20 minutes.

## 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

*\* proportions approximate*

In a small pan. add the butter and sweat the leeks until soft. Add potato and water, and cook until soft (falling apart). Blend the potato / leek mixture. Return to pan. Add cream. Blanch raw nettle leaves until tender. Add nettles to the potato mixture and season to taste with salt and pepper. Reheat and thin with water or cream if necessary.

## BROWN RICE WITH CORN AND FRESH RED CURRANTS

vegetable oil  
1/2 large red onion. finely chopped  
2 cups brown rice  
3 1/2 cups vegetable stock  
kernels from 3 ears of corn  
1 1/4 cups fresh red currants  
salt to taste

*Proportions above are somewhat variable; corn and currants should be about equal volume.* Heat oil in a pan. Add the onion and sauté, stirring often, until onion is softened. When onion is soft. add the brown rice to the pan and toss it in the oil to coat. Add the stock and bring the mixture up to a simmer. Cover, reduce heat and simmer until the rice is almost done, about 50 minutes (or what rice package recommends).

When the rice is almost done, add corn and steam another 5 minutes. Then, add the currants, heat for a minute or two, add salt to taste and serve.

## PASTA WITH PINE NUTS AND SUN-DRIED TOMATOES

16 ounces pasta, fusilli or rigatoni  
5 tablespoons olive oil  
1 cup pine nuts, toasted  
1 cup sun-dried tomatoes, oil-packed, drained and chopped  
1/2 cup fresh parsley, chopped  
1/2 cup Parmesan cheese, grated

Cook pasta in large pot of boiling salted water until just tender but still firm to bite. Drain pasta well. Heat 3 tablespoons olive oil in heavy large skillet over high heat. Add pasta and fry until beginning to crisp at edges, stirring frequently, about 10 minutes. Transfer pasta to large bowl. Add remaining 2 tablespoons olive oil to same skillet. Add toasted pine nuts and sun-dried tomatoes and stir over high heat until just warmed through, about 1 minute. Pour pine nut mixture over pasta. Add chopped parsley and grated Parmesan cheese and toss to blend. Season to taste with salt and pepper and serve.

## BRUSCHETTA WITH WILTED CLEAVERS AND ASIAGO CHEESE

cleavers (gallium), chopped  
olive oil  
garlic  
lemon juice  
baguette or French bread, sliced  
Asiago cheese

Heat oil, add garlic & sauté. Add cleavers and cook until wilted (add a touch of water, cover and steam if necessary). Meanwhile, brush bread slices with oil on both sides, sprinkle with salt and pepper & bake for 8-10 minutes. Cool. Place warm greens on baguette slices, top with Romano.

## MUSTARD DIP

2 cups sour cream  
1 tsp salt  
4 Tbs finely chopped mustard leaves

Mix all ingredients together and chill before serving. Serve with crackers

## ELDERBERRY PIE

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