

WILD EDIBLE PLANT COOKING
MARCH 29, 2014
RECIPES



Appetizers ♥ Acorn Crackers and
♥ Sunflower Seed Cakes,
served with
♥ Nettle Cream Cheese
Party Dip, and
♥ Acorn and Dates
Spread



Salad ♥ Fresh salad greens
with native watercress
and curly dock

Main Dishes ♥ Acorn Burgers
with all the
Trimmings;
♥ Wild Mustard
Quiche



Side Dishes ♥ Native Sage
Pesto over
Sautéed
Zucchini with Pine Nuts and Parmesan
♥ Lambsquarter Colcannon, a twist on an Irish
Tradition

Desserts ♥ Toyon and Madrone Spread on Acorn Italian Cake
♥ Rose Hips Panna Cotta
♥ Chia Seed Candy



Drink ♥ Hummingbird Sage Iced Tea

Thanks to Tanya Jenkins and Barbara Drake for putting together this menu!

WILD EDIBLE PLANT RECIPES

ACORN CRACKERS

Mix 1 cup acorn flour, 1 cup all-purpose flour 2 Tbs sugar and 1 tsp salt. Cut in 4 Tbs vegetable shortening and add enough water to make a soft dough. Knead to mix. Turn out onto a floured board, cover and allow to rest 10 minutes. Roll dough w. a floured rolling pin to 1/8 inch thickness, adding flour to prevent sticking. Prick surface of dough with a fork. Cut into 1 inch strips and then into rectangles. Sprinkle crackers with sesame seeds if desired. Bake on ungreased baking sheet at 350 degrees for 20 to 30 minutes. Makes 2 to 3 dozen crackers.

SUNFLOWER SEED CAKES

Source: hungerandthirstforlife.blogspot.com

For every cup of raw, unsoaked sunflower seeds, have ½ teaspoon of maple syrup, and a heaping tablespoon of cornmeal.

Soak sunflower seeds overnight in water with a heavy pinch of salt (could soak in broth). Drain the water from the seeds and put into a food processor. Pulse the seeds, scraping down the sides, until a thick paste forms. Add the maple syrup and cornmeal, and continue to pulse until well blended. If the dough won't hold together to form a patty, then add a touch of water.

Using wet hands, form golf ball sized pieces of dough into patties, and fry over medium heat until golden on both sides. Top with salt.

NETTLE PARTY DIP

Source: hungerandthirstforlife.blogspot.com

8 oz whipped cream cheese
3 cups lightly packed fresh stinging nettle leaves and young stems (*Urtica dioica*)
½ cup artichoke hearts marinated in oil
1-2 cloves of garlic, mashed
Salt

Steam nettles, towel-wring them dry and chop finely. Finely chop the artichoke hearts and mash the garlic cloves. Add the cooked nettles, artichoke hearts and garlic to the cream cheese. Add salt to taste.

ACORN/DATE HUMMUS

Source: www.veria.com

1/2 cup acorn flour
1/2 cup olive oil
3 cloves garlic
3 pitted dates
2 medium lemons, juiced
1/2 cup tahini

Pinch cayenne pepper
Pinch sea salt

To make hummus: Combine all ingredients in a blender jar and process until smooth. Serve with crackers and raw veggies.

FRESH SALAD WITH NATIVE GREENS

Native picked watercress
Local curly dock leaves
Mixed spring greens
Olive oil
Lemon juice
Salt & pepper

Wash, clean and chop watercress and dock. Wash mixed greens. Combine. Make a vinaigrette by whisking together olive oil and lemon juice (proportions ¼ C olive oil to juice of 1 ½ lemons). Add salt & pepper to taste.

ACORN BURGERS

Source: Mia Wasilevich, www.transitionalgastronomy.com

2 cups leached acorn flour or meal
1 large eggplant, small cubes
1/2 onion, finely diced
3 cloves garlic, minced
1 small carrot, diced
1 stalk celery, diced
3 oz.(3/4 cup) of fresh rice noodles or parmesan cheese (both act as a binder)
Fennel seeds, California bay leaves, thyme, salt, pepper to taste
Cooking oil or butter

Put eggplant cubes in a colander and sprinkle with salt to draw out any bitterness. Let the salted eggplant sit for at least an hour. Over-cook the rice noodles in a cup of water by 30 seconds to a minute. Strain and set aside. Sauté eggplant in skillet with cooking oil until caramelized, set aside and return the skillet to the heat. Add the onion until caramelized. Add and sauté the rest of the vegetables, garlic and spices until soft. Let cool to touch. Once cool, add eggplant, acorn and rice noodles and mix together (I have found doing this lightly oiled hands works well to incorporate the sticky rice noodles thoroughly). Shape into patties and in a skillet, fry in oil or butter until browned.

QUICHE WITH WILD MUSTARD GREENS

2 onions
8 to 12 cups mustard (*Brassica* spp.) and radish (*Raphanus sativus*) leaves
2 cups grated sharp cheddar
2 cups grated mozzarella

4 eggs
nutmeg, salt, pepper, and Worcestershire sauce

Rinse the mustard leaves and chop coarsely, removing tough stems and leaf veins if necessary. Chop onion and sauté it in a little oil until tender. 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 [this recipe makes two pies], combine the onion-green mixture with some of the grated cheeses. Pour the beaten eggs into the pan. Add nutmeg, salt, pepper and Worcestershire sauce, all to taste. Then, top the pie with a thin layer of grated cheddar. Bake the pie at 375 degrees for about 30 minutes or until the top begins to brown.

NATIVE SAGE PESTO WITH ZUCCHINI

Source: Antonio Sanchez, with Naomi Fraga

2 cups loosely packed sage (*Salvia clevelandii*)
8 zucchini
1 cup pine nuts, plus some for garnish
3 native Allium bulbs (such as Single Leaf Onion, *Allium unifolium*, adjust according to the strength of the bulb) or use shallots
 $\frac{3}{4}$ cup olive oil
Parmesan cheese
Salt and pepper to taste

Blanch the sage leaves for 45 seconds in boiling, salted water. Pat the leaves dry on paper towel and let air dry for about 5 minutes. Slice and sauté zucchini. Process the sage, pine nuts, Allium bulbs, salt and pepper in a food processor or blender. With the food processor running, add a steady stream of oil and process until smooth. Pour over sautéed zucchini, and top with parmesan cheese and pine nuts.

COLCANNON WITH LAMBSQUARTER

Colcannon is a traditional Irish mashed potato dish with kale or cabbage. This version is made with a wild edible lambsquarter (*Chenopodium album*). Basically, colcannon is 3 parts potato to 1 part greens to $\frac{1}{2}$ part onion (scallions and/or shallots, etc). The recipe below has more lambsquarter because it wilts smaller than cabbage or kale.

2 pounds waxy potatoes, such as Yukon Gold, peeled and cut into 1 inch cubes
Salt
4 – 5 cups of chopped greens, loosely packed
1 cup chopped green onions and/or shallots
1 cup half-and-half or milk
5 tablespoons unsalted butter

Put the potatoes in sauce pan, cover with water and bring to a boil. Reduce heat and simmer until tender, about 20 minutes. When the potatoes are done, pour them into a colander and return the pot to heat. Add 2 tablespoons butter and onions and the greens. Sautee until the greens wilt. Add the half-

and-half, another tablespoon of butter and pinch of salt and bring to a simmer. Return the potatoes to the pot, turn off the heat and mash well. Add salt to taste and serve.

MADRONE AND TOYON SPREAD

Source: Book Living Wild: Gardening, Cooking and Healing with Native Plants of California

1 $\frac{3}{4}$ cup of fresh Pacific Madrone berries (*Arbutus menziesii*)
 $\frac{1}{4}$ cup dried Toyon berries (*Heteromeles arbutifolia*)
 $\frac{1}{2}$ cup water
 $\frac{1}{2}$ cup apple juice
 $\frac{1}{2}$ cup honey or sugar
1 tbsp corn starch
1 tbsp orange zest

In a sauce pan, bring to boil water, apple juice, Madrone berries, toyon berries and honey. And continue to simmer for 15 minutes. Use 2 tbsp and stir in the corn starch till dissolved add to sauce pan. Bring back to boil and add the orange zest. Allow to cool.

ITALIAN ACORN CAKE

This recipe is adapted from an Italian chestnut cake recipe but has whipped egg yolks and whites to make it lighter.

$\frac{3}{4}$ cup olive oil
 $\frac{3}{4}$ cup acorn flour leached
 $\frac{3}{4}$ cup all-purpose flour
 $\frac{3}{4}$ tsp baking powder
 $\frac{3}{4}$ tsp baking soda
 $\frac{3}{8}$ tsp salt
5 eggs, separated
 $\frac{3}{4}$ cup honey
 $\frac{3}{8}$ cup sugar
Oil for greasing pan

Grease the pan. Mix acorn flour, wheat flour, baking soda, baking powder, and salt in a bowl. In another bowl, beat the egg yolks, oil, honey and 3 tbsp sugar until it looks like caramel. Mix in the dry ingredients. In another bowl, add the egg whites and a pinch of salt and beat into soft peaks.

Add the remaining sugar and beat so whites reach the firm peak stage. Fold the beaten egg whites into the other mixture, place in a baking pan and bake for 30 minutes. Check after 20 minutes to make sure it's not burning. When done, let cool.

CHIA SEED CANDY

Source: Craig Torres

2 cups toasted chia seeds (California native variety: *Salvia columbariae*)

3/4 cup honey (add more honey if adding additional ingredients)

Oil or butter for greasing cookie sheet

Additional ingredients:

Toasted, finely chopped pine nuts or other finely chopped nuts

Dried currants or any other dried fruit, chop finely

Line a cookie sheet with foil and coat the foil with vegetable oil or butter.

Roast the chia seeds (and other nuts if using) without oil in a skillet. Be careful not to burn, toast until you smell them a see slight color change. Once seeds and nuts have reached roasted perfection, add chopped fruit if using, pour honey into the hot pan over the ingredients. The honey will boil, and stir till everything is coated and quickly pour all the contents on the lined cookie sheet. Spread it out and let cool to room temperature. Once cooled, if the sheet of candy is hard, break it up into pieces. If it does not hardened, cut the sheet of candy into bite size pieces with kitchen scissors. Coating the candy with arrowroot powder and storing in the freezer offsets the stickiness.

ROSE HIP PANNA COTTA

Source: www.cauldronsandcrockpots.com

Begin with preparing rosehip simple syrup:

1 cup rose hips (either dry or fresh)

2 cup water

1 cup sugar

Clean the rose hips, removing any dried flower parts. Bring the rose hips and water to a boil, and simmer for 20 minutes or so. Remove from the heat, and mash up the rose hips, to get as much of the goodness out into the water as possible. Add the sugar, and heat again making sure all the sugar is dissolved, then strain through a sieve and bottle. This keeps in the fridge for up to a year.

Rose hip panna cotta

3/4 cup rose hip syrup

1 cup cream

3/4 cup buttermilk

1 tsp vanilla

1 packet gelatin (or 1 1/2 tsp gelatin if not unmolding)

Warm up the syrup, cream and vanilla, and remove from heat. Remove a few tablespoons of the liquid into a bowl, and stir the gelatin in until dissolved. Stir the gelatin mix into the main mixture, being sure that all the lumps are gone. Stir in the buttermilk, and pour into ramekins. Chill for at least 2 hours, before unmolding. Or just serve in the dishes.

HUMMINGBIRD SAGE ICED TEA (Hummingbird sage and Pitcher sage)

1 tablespoon leaves of *Salvia spathacea* or *Lepechinia fragrans*

1 cup of water

Bring water to boil, take off heat and add leaves. Let steep to taste preference.