

EARTH SKILLS

WILD EDIBLE PLANT COOKING MARCH 28, 2015 MENU



Appetizers

Pine Nut Crackers with
Watercress / Goat Cheese Dip

Salad

Wild Greens Salad with
Sage Balsamic Vinaigrette

Soup

Irish Nettle Soup

Main Dishes

Acorn Falafels in
Acorn Flatbread with Tahini Dressing, Tomatoes and Wild Greens
Wild Greens and Yam Strata

Side Dishes

Curly Dock Slaw with
Chia Honey-Lime Dressing

Desserts

Elderberry Dessert Bars
Chocolate and Coconut Chia Seed Mousse

Drink

Rose Hip Cooler

WILD EDIBLE PLANT RECIPES

PINE NUT CRACKERS

Shell pine nuts. (1 cup nuts in the shell yield ½ cup flour.) Roast the shelled nuts in an iron skillet without oil. Grind these into flour. Mix 1 cup pine nut flour, 1 cup all-purpose flour, 1 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. Cut into 1 inch strips and then into rectangles. Bake on ungreased baking sheet at 350 degrees for 20 to 30 minutes. The above proportions will make about 48 crackers.

WATERCRESS / GOAT CHEESE DIP

Trim watercress and discard the bigger stems. Chop finely. Put the watercress with a little water into a skillet or pan and blanch for a very short time, until just wilted, perhaps 30 seconds to a minute. Drain. Mix the watercress 1:1 with goat cheese. Serve at room temperature.

Note: Uncooked watercress may be pretty sharp, so cooking it slightly brings out a better taste for this mixture.

WILD GREENS SALAD

Rinse and trim wild greens. (In this class we used miner's lettuce, curly dock, mallow, wild mustard leaves, wild mustard and radish flowers, chickweed, and lambs quarter). Pat the greens dry before serving.

SAGE BALASMIC VINAIGRETTE

½ cup olive oil
4 TBS chopped sage leaves
4 TBS balsamic vinegar
2 cloves minced garlic

Chop the fresh sage leaves finely. In a bowl, whisk the oil, sage, vinegar and garlic. Toss the salad with it, or allow diners to add their own.

IRISH NETTLE SOUP

Adapted from *Irish Country Cooking* by Norma and Gordon Latimerl

4 cups nettle leaves, chopped
1 cup pearl barley
1 pound potatoes, sliced
1 large leek, chopped
½ cup butter
4 1/3 cups chicken stock
2/3 cups cream (optional)
Salt and pepper to taste

Heat the butter in a pan and then add the chopped nettles and leek, and cook for 5-10 minutes. Do not brown. Add the potatoes, pearl barley and stock. (Add additional stock if you prefer the soup to be thinner.) Simmer over a low fire for 1 hour. Liquidize the soup (optional) and then return it to the heat, season with salt and pepper to taste. Add the cream, if desired, and serve hot.

ACORN FALAFELS

source: <http://hungerandthirstforlife.blogspot.com/2014/12/acorn-falafel.html>

Yields approx. fourteen 2-inch patties

1 c. acorn flour (at least ½ cup needs to be dried acorn flour; ½ cup can be freshly leached, moist acorn flour)
1 c. old-fashioned oatmeal
1 tsp. salt
2 tsp. ground cumin
1/2 tsp. ground coriander
1 tsp. baking powder
1 tsp. onion powder
2 cloves garlic, minced
2 Tbsp. olive oil
2 eggs
1 c. water (depending on moistness of dough)

Mix all of the dry ingredients together in a medium bowl. Make a well in the center of the dry ingredients, pour the olive oil and eggs into the well, then gently whisk them with a fork before stirring them into the dry ingredients. Make certain all of the ingredients are thoroughly combined. If dough is crumbles, stir in some water.

Cover, and let sit for 30 min.

Break off a tiny ball of the dough, roll it into a ball, then squeeze it with your fingers. It should stick together quite well without being wet. If the ball crumbles when you squeeze it, add more water a tablespoon at a time until it will hold together. If the ball seems sticky, stir in a bit more acorn flour. Form the dough into tiny patties like hamburgers.

Cover the bottom of a medium skillet with cooking fat or oil. You want enough oil so that the acorn falafel patties will brown on the bottom and a little bit up the sides. Bring the skillet up to medium heat. Cook the acorn falafel patties in the hot pan on each side until they are brown. This should take about 5 minutes per side. You want the egg to cook through, and for the patties to get crispy, but you don't want them to dry out or burn.

TAHINI-MISO DRESSING

Source: <http://thesimpleveganista.blogspot.com/2013/02/broccoli-tahini-miso-dressing.html>

1/4 cup tahini
2 teaspoons mellow white miso
Juice of 1 lemon, approx. 1/8 cup
1 tablespoon tamari
1 tablespoon or so water for thinning

Combine the dressing ingredients in a small bowl, mix well adding any additional water 1 teaspoon at a time as needed to thin. This is meant to be on the creamy side but you may prefer it a little thinner, and it will stretch farther by adding water.

Optional addition to ingredients: pinch or two of red pepper flakes. (This sauce is also tasty with broccoli and green onions - Prepare your broccoli as desired, either raw, steamed or roasted and slice your green onion. Combine everything and serve as desired.)

ACORN FLATBREAD

Yields 4 or 16 pieces depending on desired size

3/4 cup acorn flour, leached
1 1/4 cup all-purpose flour
1/2 tsp salt
1.5 oz. butter or approx. 2 1/2 Tbsp butter
3/4 cup milk

Combine butter and milk and heat until butter is just melted - on stove or in microwave. Mix the flour with the butter/milk mixture.

Knead for a few minutes until it is smooth - it doesn't need much kneading. Add extra flour if the dough is too sticky. Wrap with glad wrap, or put in lidded container, and rest at room temperature for 30 minutes or so.

Cut dough into 4 or 8 or 16 pieces, dust bench top, roll into balls, then roll out into about 1/4" thick rounds.

Heat skillet over medium high heat. Place one flatbread in the skillet, cook for around 1 minute - it should bubble up - then flip and cook the other side. Continue with remaining pieces.

Optional: brush or spray bread with olive oil to give it a glossy look.

Notes:

If acorn flour is not available, replace quantity with all-purpose flour. With acorn flour, while cooking, there will be fewer and smaller bubbles. Dough keeps in the refrigerator for around 3 days. Tip: Roll out the rounds, ready to cook. Just make sure you use baking paper or cling wrap to keep the pieces separated; flour will not suffice.

WILD GREENS & YAM STRATA

Serves 4-6

1 medium yam (1/4-inch cubes, 2 cups)
1 medium onion, diced (1/2 cup to 1 cup)
1 tablespoon olive oil
1/4 teaspoon sea salt, plus a few pinches
1/4 teaspoon pepper, plus a few pinches
2 cups wild leafy greens or spinach, shredded
4 ounces crusty French or country style bread, or stale whole wheat sourdough bread (4 thick slices)
4 ounces fontina, shredded or finely cubed, divided
1 tablespoon minced fresh rosemary
1 tablespoon minced chives
5 large eggs
1 ½ cup whole milk

Preheat oven to 400°F. Peel and cut the yam into 1/4-inch cubes. Toss them with the onion and olive oil. Spread in a single layer on a baking sheet with baking or parchment paper, or on a roasting pan, sprinkle with a few pinches of salt and pepper. Roast until the yams are tender, 18 to 20 minutes.

While potatoes and onions are cooking, cut the bread into ¼ to ½ inch cubes and add to a large mixing bowl, along with 2 ounces of cheese, leafy greens, rosemary and chives. Toss the mixture until well combined. Add the cooked potatoes and onion.

Also while the potatoes and onions are cooking, in a separate bowl, whisk together the eggs, milk, 1/4 teaspoon pepper, and 1/4 teaspoon salt.

Pour the egg-milk mixture over the top of the bread mixture, stirring and pressing down on the bread to submerge it in the egg-milk mixture. Let sit at room temperature for 20-30 minutes before baking.

Preheat the oven to 350°F. Lightly grease a 9x9-inch or a 2 ½ quart baking dish. Scoop the bread-leafy greens-yam mixture into the pan, evenly distributing the ingredients (push cheese further down as cheese will also be sprinkled on top).

Bake the strata, covered, for 45 minutes. Remove the cover, confirm that the strata has puffed and maybe browning on top. If so, sprinkle with remaining 2 ounces of cheese and continue to

bake, uncovered, until cheese bubbles and maybe browns (approximately 10 minutes). Serve with an extra sprinkle of chives.

CURLY DOCK SLAW WITH CHIA HONEY-LIME DRESSING

Wash the dock leaves. Trim out the center ribs. Slice the leaves lengthwise into ¼ inch strips, as long as they can be. Toss with following dressing just before serving, fluffing up the mixture.

Proportions: 1 tablespoon raw honey, 3 tablespoons lime juice, 2 tablespoons chia seeds
Warm the honey slightly so it is easier to stir. Stir in the lime juice and chia seeds. Note: prepare this dressing about 10 minutes before tossing and serving the slaw.

ELDERBERRY DESSERT BARS

Serves 8-10

½ cup butter, softened
¾ cup honey
2 eggs
2 cup flour
2 tsp baking powder
1 ¼ cup plain yogurt
1 tsp vanilla extract
1 ½ cup elderberries (fresh or frozen, removed from stems and if frozen, needs to be ice free)
½ cup whole pine nuts or any other nuts, chopped
¼ cup sugar

Preheat oven to 350o F

Cream butter, honey and eggs together. Add flour and baking powder to butter mixture and continue to blend. Fold in yogurt and vanilla.

Pour into 8x8 greased and floured cake pan. Spoon elderberries over surface, pressing lightly into batter. Combine nuts and sugar and sprinkle over berries. Bake for 40-45 minutes.

Notes

This can also be made with blueberries. Serve with ice cream, yogurt or crème fraiche.

CHOCOLATE & COCONUT CHIA SEED MOUSSE

1/4 cup chia seeds (black or white)
1 can full-fat coconut milk (see note)
2 tbsp butter
(maple syrup, to taste)
(1/2 tsp vanilla extract)
1/3 cup cacao powder
pinch of salt

Grind the chia seeds in a mortar to make a fine powder. In a bowl, whisk the coconut milk, melted butter, and a pinch of sea salt until lightly incorporated. Add cacao powder and whisk vigorously until smooth. Taste for sweetness and whisk in maple syrup if necessary. Gradually add the chia seeds while whisking. Pour the mixture into individual serving cups. Chill in the freezer.

ROSE HIP COOLER

Fresh, frozen and thawed, or dried rose hips
Honey to taste

Remove dried flower parts from the hips. Simmer the hips in water for 5 to 10 minutes. Pour the liquid into a container through a sieve. Chill. Add honey to taste.