

**EARTH SKILLS  
WILD EDIBLE PLANT COOKING  
March 19, 2016**

**MENU**

**Salad**

- Wild native greens salad with
- Sage-balsamic vinaigrette

**Appetizers**

- Pinon nut canape with cream cheese-chickweed spread
- Chinese steamed buns with curly dock filling
- Dandelion flower and wild radish flower fritters

**Bread**

- Orange acorn bread

**Soup**

- Irish watercress soup

**Main courses**

- West African peanut soup with wild greens, served over rice
- Hortopita: Greek nettle pie

**Desserts**

- Rose hip crumble pie
- Elderberry ice cream



## SALAD

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

## 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.

## PIÑON CREPES

1 ½ c. partially ground pine nuts  
1 c. non-gluten flour  
½ tsp salt  
2 tbs sugar  
1 c. milk

Toast the pine nuts in their shells, without oil, in an iron skillet; this makes shelling them easier. Shell the nuts, then toast the shelled nuts in the iron skillet (without oil) until they are partially browned. With a mortar and pestle, grind the nuts; a mixture of powder with some small pieces works well with this recipe.

Mix dry ingredients. Slowly whisk in milk to make a smooth batter. Drop by spoonful onto greased skillet. These crepes should be small, 2" to 2 ½" in diameter.

## CREAM CHEESE-CHICKWEED SPREAD

Chickweed, uncooked  
Cream cheese

Remove larger stems from chickweed as necessary. Chop finely and mix with cream cheese. Spread on each piñon crepe.

## CHINESE STEAMED BUNS WITH CURLY DOCK FILLING

### **Bun dough**

1 Tbsp active dry yeast  
1 tsp sugar  
1/4 c. flour  
1/4 c. water  
1/2 c. warm water  
2 c. flour  
1/4 tsp. salt  
1 Tbsp sugar  
1 Tbsp vegetable oil

Mix together the yeast, 1 tsp. sugar, 1/4 c. flour and 1/4 c. water. Allow it to sit for 30 minutes, becoming bubbly. Then, mix in the additional 1/2 c. water, 2 c. flour, salt, sugar, and vegetable oil. Knead the dough until its surface is smooth. Place in a greased bowl, cover, and allow it to rise for 2 ½ to 3 hours.

Punch down the dough and knead until smooth. Divide the dough into 16 portions. Roll each portion into a ball.

Flatten a dough ball in the palm of your floured hands into a 3" circle. Spoon 2 Tbsp of cooled filling into the center of the circle, then gather up the edges and pinch them closed. Place the filled bun onto a small square of parchment paper or waxed paper to rest for 30 minutes, covered. Steam the filled buns over simmering water for 15 minutes in a covered bamboo steamer. Serve hot with dipping sauce.

### **Filling**

1 tsp. minced ginger  
2 Tbsp minced garlic  
1 Tbsp toasted sesame oil  
1 Tbsp peanut or olive oil  
1/4 c. crumbled firm tofu  
1 tsp. soy sauce  
3 Tbsp water  
1 Tbsp soy sauce  
6 c. coarsely chopped dock leaves  
1/4 tsp. ground black pepper

In a sauté pan over medium high heat, heat the toasted sesame oil and peanut or olive oil. Add the minced ginger and garlic and sauté 1 minute. Add the crumbled tofu and 1 tsp. soy sauce and sauté for 3 minutes. Remove from the pan and set aside.

Using the same hot pan, add the water and 1 Tbsp soy sauce and bring them up to a boil. Toss in the chopped dock greens and cover to steam them for 3 minutes. Remove the cover from the pan, add the tofu mix back into the pan. Sauté until all the juices have evaporated, stirring often, about 5 minutes. The greens will have turned dark olive green and reduced to about 2 cups. Cool the filling mixture before stuffing the buns.

### **Dipping sauce**

2 Tbsp soy sauce  
2 Tbsp rice wine vinegar  
1/2 tsp grated fresh ginger  
2 tsp. sugar

Mix all ingredients together and let it sit at room temperature 30 minutes.

### **DANDELION FLOWER AND WILD RADISH FLOWER FRITTERS**

Dandelion flower heads  
Wild radish flower heads  
1 c. gluten free flour  
3/4 tsp. salt  
2 eggs  
1/2 c. milk  
1 tbsp. oil

Trim the dandelion flower heads to remove the stem from where it meets the flower head, and remove any parts that are dry or discolored. Trim radish flower heads as needed.

Combine flour and salt. Beat eggs, add milk and oil; add dry ingredients and beat.

Dip the flower heads in the batter, and fry them in a skillet with oil until they are golden brown.

### **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  
1/2 tsp salt  
1/2 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. Bake in greased loaf pan for 1 hour.

### IRISH WATERCRESS SOUP

2 ½ c. chicken stock  
1 ¼ c. milk  
1 ¼ c. cream  
1 c. chopped celery  
5 c. watercress  
2 TB flour  
2 TB butter  
Salt and pepper to taste

Chop the watercress finely. Place chicken stock, milk and cream in pan, bring to a simmer and then add celery. Simmer for 10 minutes. Let it steep covered for half an hour, then remove the celery. In a small pan, melt butter, stir in flour and cook for 2 minutes, then slowly add a little stock mixture and blend, adding more stock and heating it. Then add this butter-flour-stock mixture back into the stock, stirring it while cooking another 5 minutes until it is smooth and thick. Add salt and pepper, and the chopped watercress. Then chill the soup before serving.

### WEST AFRICAN PEANUT SOUP WITH WILD GREENS

6 cups vegetable broth (less broth if want thicker soup)  
1 medium red onion, chopped  
2 tablespoons peeled and minced fresh ginger (grated ginger for less spicy)  
4 cloves garlic, minced  
Salt to taste  
1 bunch wild greens, chopped into 1-inch strips  
¾ cup unsalted peanut butter (chunky or smooth)  
½ cup tomato paste\*  
Hot sauce, like sriracha (AKA rooster sauce), or Tapatio (start with 4 splashes)  
Cooked rice  
3 TBS olive oil

In a large sauce pan or stock pot, sauté the onion, garlic, ginger. Then add broth. In a mixing bowl, combine the peanut butter and tomato paste, and 1 cup of the hot stock. Mix the three ingredients together until smooth, then pour this mixture into the stock pot. Blend together the soup with immersion blender or in a blender.

Season the soup with salt to taste and hot sauce to taste. Stir in the greens. Simmer for about 15 more minutes on medium-low heat, stirring often. Serve over cooked rice, and top with a sprinkle of chopped peanuts and cilantro.

Adapted from *Local Bounty: Vegan Seasonal Recipes* by Devra Gartenstein.

## HORTOPITA: GREEK NETTLE PIE

### Ingredients:

13 oz nettle, rinsed and chopped  
4 spring onions, thinly sliced  
4 tbsp chopped dill  
4 tbsp chopped parsley  
5 oz feta cheese, crumbled  
1 oz grated Kefalogaviera cheese or Pecorino  
2 eggs lightly beaten  
Salt and pepper for seasoning  
Butter  
Filo dough

Preheat oven to 350 degrees and oil a 10 x 13 inch baking dish. Divide the pastry into two and roll out to measure the length of the pan. Place one quantity of the rolled pastry onto the baking dish, ensuring it fits well and comes up the sides of the dish.

Combine the cheeses, salt, pepper and eggs in a large bowl and then toss through the remaining and mix well, ensuring the mixture is evenly distributed. Place the greens mixture into the dish with the pastry ensuring it all fits. Lay the second rolled piece of pastry over the greens mixture and pinch the sides over to encase the mixture. Pierce the top with a sharp knife making some vents.

Brush the top generously with olive oil and bake in the oven for 45-50 mins or until the top is browned. Allow to cool in the pan for at least an hour before slicing through and serving.

## ROSE HIP CRUMBLE PIE

Pastry for 9 inch pie  
1 c. rose hips, fresh or frozen  
¼ c. milk  
1 ½ c. flour  
2 tsp. baking powder  
Salt  
½ c. shortening  
1 ¾ c. brown sugar  
2 egg yolks, beaten  
2 egg whites

Clean the rose hips, removing brown or papery parts. Then dry them enough so that they are not mushy and have some texture, like softened dried cranberries.

Prepare the pastry and line the pie pan.

Mix together flour, baking powder, and a dash of salt. Cream in the shortening and brown sugar, mixing well. This makes a crumbly mixture. Reserve 1 c. for topping. To the remainder, add the egg yolks, milk and rose hips. Beat the egg whites until peaks hold form, then fold this into the rose hip mixture.

Spoon into the pie pan and sprinkle with the crumbly topping. Bake at 350 degrees for 35 to 40 minutes or until the pie appears well done.

#### ELDERBERRY ICE CREAM

2 c. elderberries

1 c. sugar

1 qt cream

1 qt milk

Combine ingredients and follow instructions of the ice-cream maker.