

Native Plant Recipes 21st Century Outdoor Program

Full Meal:

Salad: Miner's Lettuce, Shepard's Purse, Dandelion Leaf, Sorrel, wild violets for color
Dressing: Wild Thimbleberry Vinegar Dressing
Main Course: Alder Cone Smoked Chicken with Fern Root Glaze & Salal Sau
Dessert: Salmon Berry Pie

Salad: Pick a large quantity of Miner's Lettuce and place in bowl, wash in cool water if available. Add small quantity of other plants listed. You can also throw in a handful of wild mountain berries for color and taste.

Dressing: ½ Cup Vinegar
½ Cup Olive Oil
4 Cups crushed Thimbleberries, juice extracted
Sugar to sweetness that you like

Course: 2 tb Licorice Fern Root
2 tb Dry white wine
¾ Cup Water
3 Cups Dried Alder Cones
4 Chicken Breasts
1 ½ Cups Pinot Blanc
3 ½ Cups Salal Berries
1 ½ Cups Maple Syrup
1 ½ Cups Black Peppercorn
8 Individual Juniper Berries
1 ½ tb Balsamic Vinegar

Directions: In a small covered sauce pan, gently simmer fern root in wine and water for 20 min. Pour into a glass jar, seal and let stand at room temp for 12 hours. Strain into a small saucepan and boil, uncovered, on high until reduced to thick syrup.

Set aside.

Heat alder cones in a large aluminum foil lined sauce pan over high heat until they smolder.

Reduce heat to low; place chicken breasts directly on top of the smoldering cones. Lightly brush the breasts with the fern root glaze; cover pan tightly. Smoke breasts for 3 hours or until cooked but not dry.

Remove the meat from the bone and serve with Juniper-Salal Berry Sauce.

For the sauce:

Pour 1 cup water and the wine into the bottom of a perforated double boiler. Place the salal berries in the top section. Cover; simmer gently for two hours.

Gently press berries with a rubber spatula to extract remaining juice. Discard berries; reserving syrup in the bottom of the double boiler. To the salal syrup, add the maple syrup, peppercorns, juniper berries, remaining water and balsamic vinegar.

Bring to the boil and immediately remove from the heat; let stand an hour before returning to the heat. Cook, uncovered, until slightly thickened. Refrigerate until needed.

Dessert:	1 Cup	Flour
	4 oz	Cold Butter
	½ tsp	Salt
	2 tsp	Cardamom
	¼ Cup	Cold Water
	4 Cups	Salmon Berries
		Water
	2/3 Cup	Sugar
	¼ tsp	Salt
	4 tb	Cornstarch
	1 tsp	Cardamom

Mix the flour, butter, salt, and cardamom. Add water and mix until it becomes a ball. Be sure not to overmix.

Preheat the oven to 350 degrees F.

Flour surface and rolling pin to roll pastry out on. Roll to about 1/4-inch. Place in a 9-inch pie dish and crimp the edges. Line crust with foil to maintain shape. Bake at 350-degrees for about 20 minutes. Remove foil and continue baking for another 5 minutes. Remove and let cool.

To make the Salmonberry filling: Crush 2 cups of the Salmonberries through a sieve. This will take some time but it is essential to remove all of the seeds. Add water to Salmonberry juice to make 1 1/2 cups of liquid. Put the juice and water into a pan. Add sugar and salt.

Mix the cornstarch and cardamom with some of the juice, then add it to the sieved berry mixture. Cook on medium heat, stirring constantly for about 5 to 10 minutes. Do not scorch. Remove from heat and let cool. Add remaining berries, stir and pour into the pre-baked shell. Chill pie until completely cold.

Other tempting recipes:

Serviceberry Pie

Ingredients

1. PASTRY
2. 2 TBSP FLOUR
3. ½ TO ¾ CUP SUGAR
4. 2 TO 2 ½ CUPS SERVICEBERRIES
5. 2 TBSP. LEMON JUICE
6. ½ CUP WATER
7. 2 TBSP. BUTTER
8. CREAM

9. 2 TBSP.SUGAR

Directions

PREHEAT OVEN TO 350 DEGREES.

10. MIX TOGETHER FLOUR AND SUGAR.

11. STIR IN SERVICEBERRIES.

12. LINE PIE PLATE WITH BOTTOM CRUST.

13. ADD BERRY MIXTURE, THEN SPRINKLE WITH LEMON JUICE AND WATER.

14. DOT WITH BUTTER, cover with top crust and prick in several spots.

15. BRUSH WITH CREAM AND SPRINKLE WITH SUGAR.

16. BAKE UNTIL JUICE BOILS UP THICKLY.

Currant – Salal Jelly

2 QUARTS CURRANTS TO YIELD 2 ½ CUPS JUICE

3 QUARTS SALAL TO YIELD 2 ½ CUPS JUICE

2 CUPS WATER, DIVIDED

1 PKG. PECTIN

7 ½ CUPS SUGAR

WASH AND CRUSH THE CURRANTS IN A KETTLE. IN A SEPARATE KETTLE, WASH AND CRUSH THE SALAL . ADD ¾ CUP WATER TO THE CURRANTS AND SIMMER, COVERED, FOR 15 MINUTES. REST A COLANDER IN A BOWL OR KETTLE. SPREAD CHEESECLOTH OR A JELLY BAG TO COVER THE COLANDER. POUR IN THE HOT CURRANTS. FOLD CLOTH TO FORM A BAG AND TWIST FROM THE TOP. PRESS WITH POTATO MASHER TO EXTRACT JUICE. REPEAT THE PROCESS FOR SALAL.

MEASURE 2 ½ CUPS CURRANT JUICE AND 2 ½ CUPS SALAL JUICE AND POUR INTO A 6 OR 8 QUART KETTLE. ADD PECTIN AND MIX THOROUGHLY. PLACE KETTLE OVER HIGH HEAT. BRING TO A BOIL, STIRRING CONSTANTLY. ADD SUGAR AND STIR. CONTINUE STIRRING AND BRING TO A FULL, ROLLING BOIL. BOIL HARD FOR 2 MINUTES. REMOVE FROM HEAT, SKIM OFF FOAM, AND POUR INTO STERILIZED JARS. WIPE OFF RIMS. USE THE USDA RECOMMENDED BOILING WATER BATH METHOD. ATTACK TWO-PIECE METAL LIDS SECURELY AND PLACE JARS IN BOILING WATER FOR 5 MINUTES.

Wild Huckleberry Pie

Prepare pastry for two crust 9" pies.

Combine: ¾ cup brown sugar

¾ cup white sugar

3 tbs.flour

½ tsp. Cinnamon

dash salt

Mix with 4 cups berries – toss lightly. Fill bottom crust – dot with butter. Adjust top crust – cut slits for escape of steam. Seal edges – bake at 400 degrees,35-40 minutes.