

CALIFORNIA NATIVE PLANT RECIPES

Kyra Saegusa, Claremont Garden Club, March 8th, 2023

LIBATIONS

White Fir Drinking Shrub w/ Orange Rind

Adapted from *The New Wildcrafted Cuisine: Exploring the Exotic Gastronomy of Local Terroir*,
Pascal Baudar

White Fir - Infused Vinegar

*Any of the California Native herbs can be used in this simple recipe & each will have its own flavor profile so adjust amounts accordingly.

Ingredients

- 2 six-inch sprigs of fresh White Fir
- 6 dried Juniper Berries
- 2 cups Organic White Vinegar

Wash White Fir sprigs leaves, lightly dry with a clean cloth. Lightly crack the dried Juniper Berries. Place White Fir sprigs and Juniper Berries in a clean pint jar & add Vinegar. Make sure the Vinegar completely covers the plant material.

Cover with lid & store in a cool, dark place for at least 3 weeks to indefinitely. The Vinegar will keep the White Fir from spoiling but remember the flavor will continue to intensify. For a more mild White Fir - Infused Vinegar remove the White Fir sprigs when the flavor has reached the level according to your tastes.

White Fir - Infused Vinegar Shrub

Ingredients

- 1 1/2 cup White Fir - Infused Vinegar
- 1 1/2 cup Sugar
- Rind of one Orange

Strain any remaining plant material from the Vinegar. Add Vinegar & the Sugar to a small saucepan & slowly bring to a boil. Bring the heat down to a simmer & allow it to cook for 1 minute.

Allow the mixture cool enough to place in a clean Mason jar with the Orange Rind & screw the lid on tightly & store in the refrigerator or a cool, dark place. Consume within 2 months. Use Shrub as a base & add mineral water to taste.

Coyote Mint-Infused Simple Syrup

*Simple syrups serve as an awesome base for cocktails, both alcoholic & non. They also can be used to make a refreshing sorbet. Experiment with using any California Native herb in the syrup but remember some will taste better than others.

Ingredients

10 Coyote Mint flower heads, dried

1 cup Organic White sugar

Remove all remaining leaves & stem; discard. Then take as much of the petals from the green part of the flower head as possible & place in a clean coffee grinder with a tablespoon of Sugar. Grind until a fine powder.

Place in a clean pint jar & add 2 cups of Water. Screw the lid on tightly & agitate the mixture until the Sugar is completely dissolved. Refrigerate for at least 3 - 12 hours.

Strain the Simple syrup to remove plant material & place in a clean pint jar. Store in the refrigerator & use within 2 weeks.

SPICE BLENDS / MAIN COURSE

Chaparral Wild Spice Blend

Adapted from *The New Wildcrafted Cuisine: Exploring the Exotic Gastronomy of Local Terroir*,

Pascal Baudar

*Sun dry your herb, use a dehydrator or dehydrate them in the oven on 175d until crisp to touch.

Ingredients

6 grams Whole Black Peppercorns

6 grams White Sage

6 grams Black Sage

5 grams Sage Brush

34 grams Garlic Powder

30 grams Coarse Sea Salt

2 gram California Bay leaf

Mix all ingredients together. In small batches use a clean coffee grinder or pestle & mortar to grind ingredients into a powder.

Place in airtight jar. Remember California Native herbs are stronger than the culinary herbs available in stores, use sparingly at first, then adjust according to taste.

Penne Aglio Olio with Yarrow

Serves 4

Adapted from Alan Bergo recipe from Forager/Chef.com

Ingredients

8 oz dried penne

6 tbsp native onion, leaves and bulb, finely chopped or 4 tbsp fresh garlic

Kosher salt

3 tbsp extra virgin olive oil
3 tbsp grapeseed or canola oil
1 tsp crushed red pepper or more depending on how much you like spicy food
young leaves of yarrow (de-stemmed), chopped to yield 2 tsp
1/4 cup dry white wine
4 anchovy filets in oil rinsed and chopped (optional, but I recommend it)
Zest of 1- 2 lemons to finish
Parmesan for serving

Make a pile of the yarrow and crushed red pepper flakes, then mince them together finely. Bring a pot of water to a boil and season it with salt. Add the penne and cook until al dente. While the pasta is cooking, heat the onion in the pan with the oils and chopped anchovy on low heat until the onion is fragrant and lightly browned. Do not allow the garlic to burn. Remove the pan from the heat and swirl it for a minute to cool the pan. Add the wine to the pan.

When the pasta is done, drain and add to the pan. Toss the pasta to coat with the oil and cook for a minute.

To finish the dish, add the yarrow-chilli mixture and lemon zest then toss just to heat through. Transfer the pasta to each of 4 bowls, garnish with some parmesan and an extra drizzle of extra virgin oil if desired, then serve immediately with a big green salad enhanced with native greens and wildflowers.

SWEETS

Bay Leaf Ice Cream

makes 1 quart

Adapted from *Living Wild: Gardening, Cooking & Healing with Native Plants of California*,
Funk & Kaufman

Ingredients

- 1 1/5 cups Organic Half & Half
- 1 cup Organic Milk
- 4 dried or 7 fresh native California Bay leaves
- 3 Egg yolks
- 3/4 Granulated Sugar
- 1/4 tsp of Salt
- 2 tsp Organic Cornstarch

Place Half & Half, Milk & Salt in a medium pot over medium heat. Slightly crush the Bay Leaves & add to the mixture in the pot. *Gently crushing the leaf helps release the flavor when infusing the mixture. Stir occasionally while heating. Once the mixture starts to let off steam continue to warm for 2 minutes while stirring thoroughly. Do not let the mixture boil. Cover & remove from heat & allow the milk to infuse at room temperature for 25 minutes. Strain to remove the plant material.

Whisk together the Egg yolks, Sugar & Cornstarch in a large mixing bowl. Then slowly stir in the infused milk in small batches.

Return to pot & cook over medium heat, stirring constantly with a wooden spoon until it thickens to a custard that can coat the back of the spoon. Do not let mixture boil.

Pour custard back into the mixing bowl to cool by placing in the refrigerator or placing in an ice bath *Place the mixing bowl into a larger bowl filled with ice to rapidly cool. Allow to cool for at least 15 minutes.

Cover bowl & refrigerate for 3 hours to 8 hours.

Place in ice cream maker & use according to manufacturer's instructions.

Lemon Sage Short Bread with Native Wildflower Seeds

Serves: 32

Adapted from Naomi Fraga, Rancho Santa Ana Botanic Garden

Ingredients

3 cups unbleached all-purpose flour

1 cup powdered sugar

1 teaspoon sea salt salt

2 tablespoons chopped fresh sage (I used *Salvia spathacea*)

2 lemons zested

1 cup extra virgin olive oil

1/2 cup mixture of native wildflower seeds or chopped pecans

Coarse salt or Turbinado sugar for garnish

Preheat the oven to 325 degrees F.

Sift flour, powdered sugar and salt in a medium-sized bowl. Add the sage, wildflower seeds and lemon zest and whisk together. Pour in the olive oil and stir until it is incorporated.

Transfer the dough to a greased 9 X 9 inch baking dish. Use a piece of parchment to pat into an even layer. Prick the surface of the dough all over with a fork. Bake for about 45 min until the surface feels firm to the touch and is lightly golden around the edges.

Remove from the oven and let the pan cool for 20 minutes (no sooner and no later, 20 min is the right stage, or else it will be too soft or too hard). Then, using a very sharp knife, slice the shortbread into 8 even columns and 4 even rows. Let the cookies cool before removing them from the pan using a small spatula.