

# BLACK TRUFFLES

## BAKED EGGS WITH BLACK TRUFFLES AND LEEKS

This is an easy yet impressive dish that is equally good for breakfast as it is a starter to an elegant meal. It's a great way to enjoy truffles without having to use a lot of these precious fungi. Flavorful cow's milk cheeses such as Gruyere and Fontina would be fine choices for this recipe. Rich, custardy and luscious!

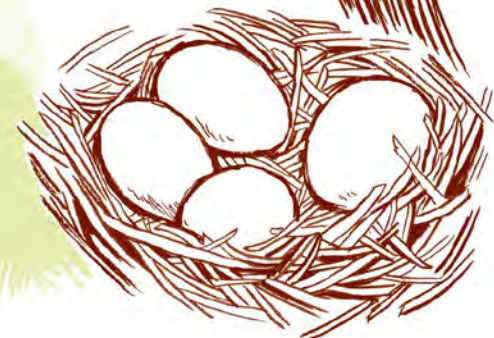
2 medium leeks, trimmed of dark green tops, split,  
cleaned, and sliced ¼ -inch thick  
1 tbsp butter, plus more for coating ramekins  
½ tsp salt  
¾ cup cream, divided


1 ounce Oregon black truffles,  
cleaned and sliced paper-thin  
6 eggs, room temperature  
6 tbsp grated cheese

In a medium pan, sauté leeks in butter with salt over medium heat. Cover pan and continue cooking, stirring frequently, until leeks are very soft. Remove from heat, let cool slightly, and stir in 3 tbsp of the cream.

Heat oven to 325° F and set a pot of water on to boil (for baking eggs in water bath). Brush 6 eight-ounce ramekins with softened butter. Divide leek mixture equally between ramekins, pressing into a bed for the eggs. In each ramekin place a few slices truffle, one egg, one tbsp cheese, more truffle slices, and a pinch of salt.

Drizzle 1½ tbsp cream over the top of each. Place ramekins in a high-sided (2–3") baking pan, then pour boiling water into pan to reach halfway up ramekins. Bake for 15–18 minutes, until yolk is cooked to your preference. Watch carefully, as the eggs set quickly near the end and continue to cook once removed from oven. Remove ramekins with tongs and serve.





# BLACK TRUMPETS

## BLACK TRUMPET TACOS WITH PICKLED CABBAGE

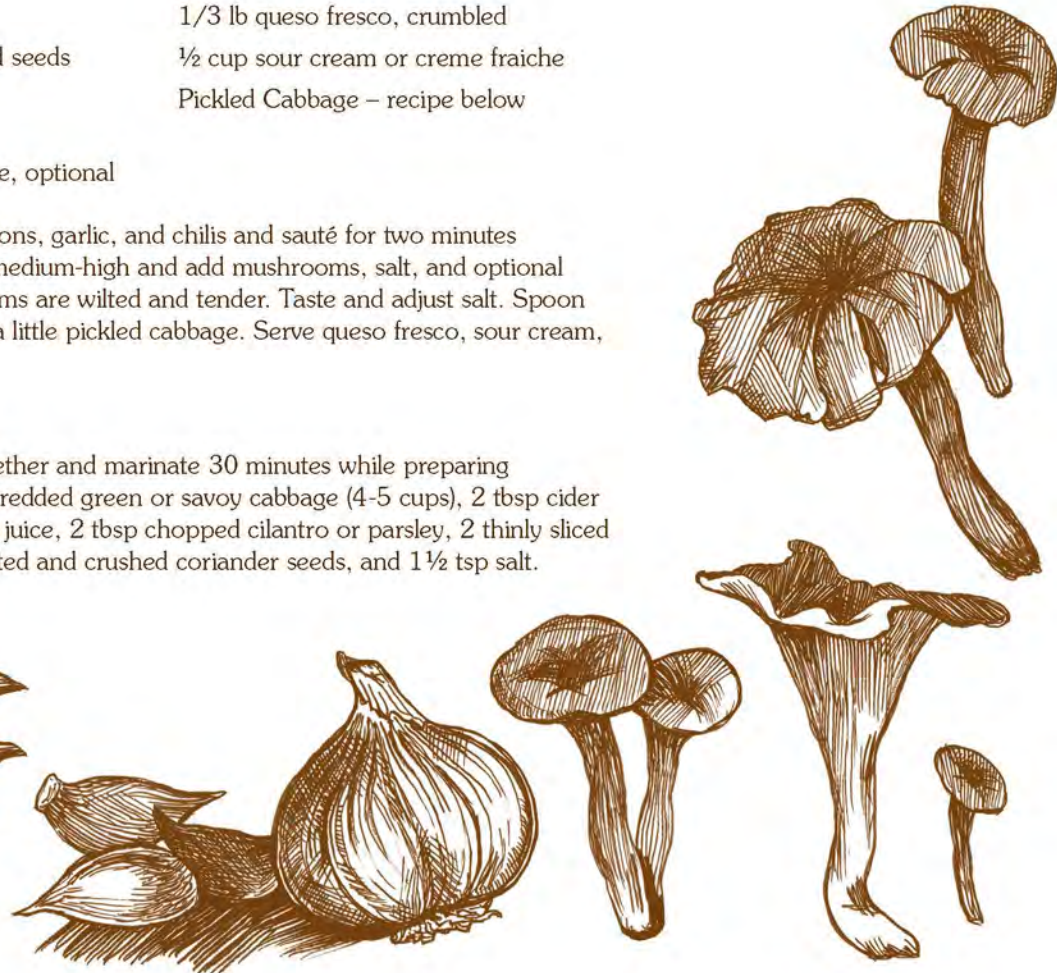
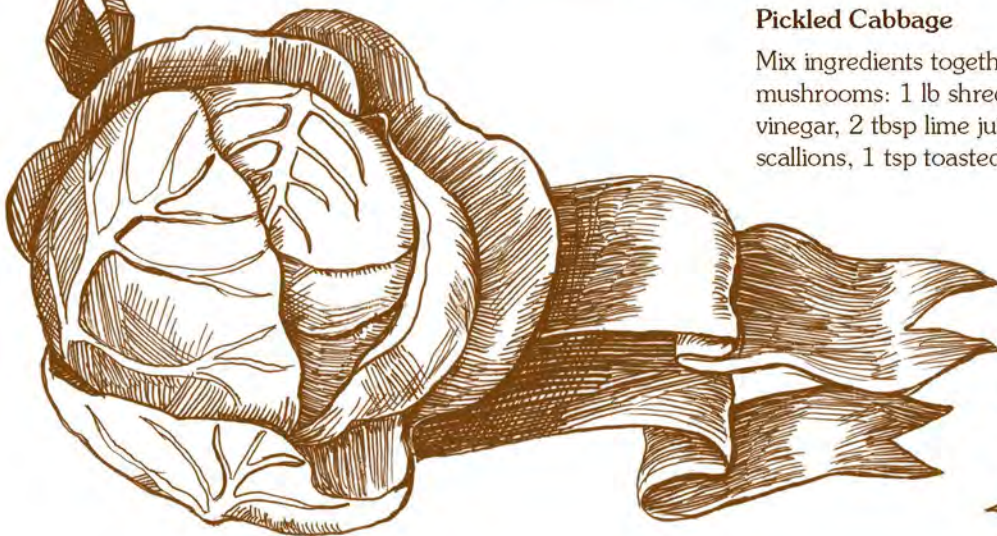
In this dish black trumpets are reminiscent of huitlacoche, a corn fungus which is a delicacy in Mexico.

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| 2 tbsp vegetable oil or lard  | 1 ½ tsp salt                      |
| 1 medium onion, sliced thin   | 12 corn tortillas                 |
| 2 large cloves garlic, minced   | 1/3 lb queso fresco, crumbled     |
| 1-2 serrano or jalapeno peppers, veins and seeds removed, diced small | ½ cup sour cream or creme fraiche |
| 1 lb black trumpets, cleaned  | Pickled Cabbage – recipe below    |
| 1 tsp fresh epazote, or 1 tsp dried epazote, optional                 |                                   |

Heat oil in large skillet over high heat. Add onions, garlic, and chilis and sauté for two minutes until they begin to brown. Turn down heat to medium-high and add mushrooms, salt, and optional epazote. Cook for 8-10 minutes until mushrooms are wilted and tender. Taste and adjust salt. Spoon mushrooms onto heated tortillas and top with a little pickled cabbage. Serve queso fresco, sour cream, and remaining pickled cabbage on the side.

### Pickled Cabbage

Mix ingredients together and marinate 30 minutes while preparing mushrooms: 1 lb shredded green or savoy cabbage (4-5 cups), 2 tbsp cider vinegar, 2 tbsp lime juice, 2 tbsp chopped cilantro or parsley, 2 thinly sliced scallions, 1 tsp toasted and crushed coriander seeds, and 1 ½ tsp salt.





# Morels

## BRAISED CHICKEN WITH MORELS AND EARTHY SPICES

Fresh morels, cumin, and caraway lend their earthy flavors to this rich, brothy dish. Serve with mashed potatoes and other spring harvest vegetables like fava beans, English peas, or baby carrots.

4 chicken legs (thighs and drumsticks)

Spice rub: Grind together 1 tbsp cumin,  
2 tsp caraway, ½ tsp chili flakes,  
1½ tsp salt, and 1 tsp peppercorns

2 tbsp olive oil

4 large cloves garlic, chopped

1 large onion, cut into ½ inch wedges

½ lb fresh morels, cleaned and cut into  
pieces if large, or 1 oz dried morels  
soaked in hot water to cover for  
30 minutes

2 tsp fresh thyme, chopped

½ cup white wine

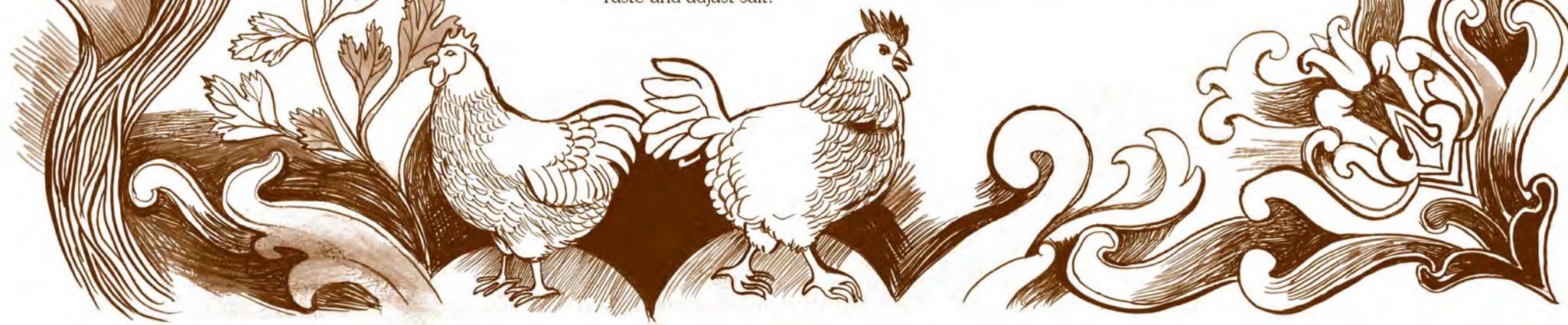
2 ½ cup water or chicken broth

1/3 cup parsley, coarsely chopped

Rub chicken legs with spice rub and let sit while assembling other ingredients. In a large oven-proof skillet, heat oil over medium heat and brown chicken legs, skin side down, 10-12 minutes. Turn legs, cooking a few more minutes; remove. Add garlic and onions and saute until beginning to brown, 3-4 minutes; add fresh morels and thyme and continue cooking for 4-5 minutes. Deglaze the pan with wine and scrape up browned bits from bottom of the pan. Nestle the chicken in with the rest of the ingredients and add the water or stock. If using dried morels, add now with the strained soaking liquid. The braising liquid should come halfway up the chicken, adding more if necessary. Bring to a simmer and put in a 350°F oven for 45 minutes. Baste legs with juices halfway through. Remove from oven when chicken is browned and tender.

Remove legs from pan and skim the fat. Return chicken to pan and add parsley.

Taste and adjust salt.



# yellow foot

## CHANTERELLES

### YELLOWFOOT CHANTERELLE AND SQUASH SOUP WITH COCONUT AND LEMONGRASS

This soup tastes like Thanksgiving in Southeast Asia. The yellowfoot chanterelle's delicate texture is perfect for soup, and helps enhance the subtle flavors in this comforting dish.

#### Lemongrass Broth Base (see below)

1 ½ lbs winter squash (such as kabocha, delicata, butternut, Danish), diced in ½ inch cubes

3 small leeks, trimmed of dark green tops (use for broth), split, cleaned, and sliced ½ inch thick

¾ lb yellowfoot chanterelles, cleaned

1 12-oz can coconut milk

2 tbsp apple cider

2 tbsp fish sauce

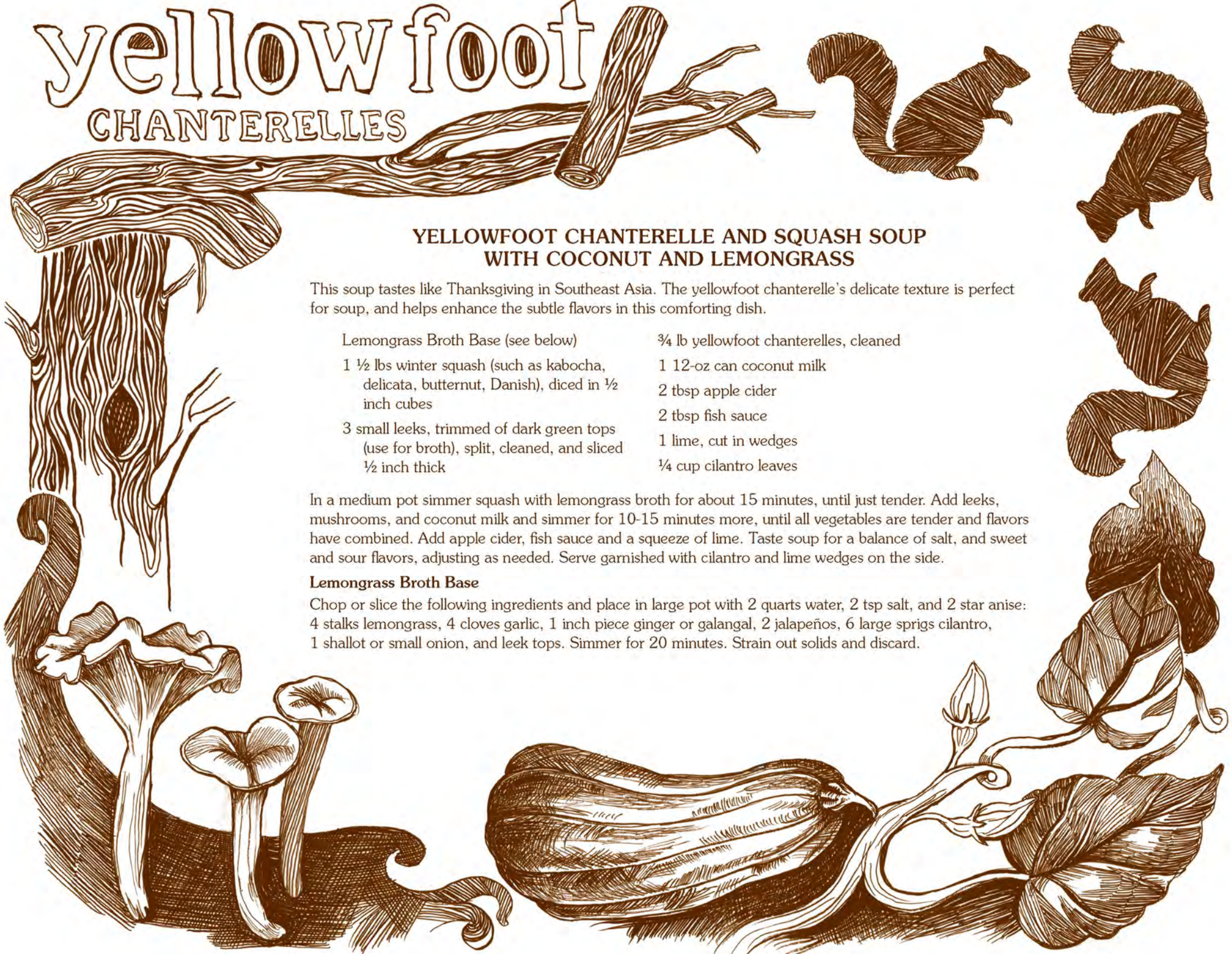
1 lime, cut in wedges

¼ cup cilantro leaves

In a medium pot simmer squash with lemongrass broth for about 15 minutes, until just tender. Add leeks, mushrooms, and coconut milk and simmer for 10-15 minutes more, until all vegetables are tender and flavors have combined. Add apple cider, fish sauce and a squeeze of lime. Taste soup for a balance of salt, and sweet and sour flavors, adjusting as needed. Serve garnished with cilantro and lime wedges on the side.

#### Lemongrass Broth Base

Chop or slice the following ingredients and place in large pot with 2 quarts water, 2 tsp salt, and 2 star anise: 4 stalks lemongrass, 4 cloves garlic, 1 inch piece ginger or galangal, 2 jalapeños, 6 large sprigs cilantro, 1 shallot or small onion, and leek tops. Simmer for 20 minutes. Strain out solids and discard.






## CHANTERELLE POT PIE WITH CARAWAY BISCUITS

Pot pie is comfort food at its best. With all its chunky fall vegetables and sweet chewy chanterelles, this version doesn't need chicken to satisfy (though you could add it if you'd like). Taking inspiration from Irish soda bread, the caraway seeds in the biscuit topping complement the richness of the filling.

- |   |   |
|---|---|
| 6 tbsp butter, divided  | 1/3 cup all-purpose flour                       |
| 1 pound chanterelles, cleaned and torn into medium-sized pieces | 2 cups chicken or vegetable stock               |
| 2 tsp salt, divided   | 2 cups whole milk                               |
| 2 cups medium-diced onion                                       | 3 tbsp dry sherry                               |
| 1/2 cup medium-diced celery                                     | 1 1/2 tbsp chopped fresh winter savory or thyme |
| 2 cups medium-diced fennel bulb                                 | 2 tbsp chopped fresh parsley                    |
| 1 cup large-diced parsnips or carrots                           | pinch ground nutmeg                             |
| 1 cup large-diced turnips                                       | a few grindings black pepper                    |
|   | 1 recipe CARAWAY BISCUITS (recipe on back page) |



In a large skillet, heat 2 tbsp butter over medium-high heat and sauté chanterelles with 1 tsp salt until liquid evaporates and mushrooms begin to brown. Remove from pan and set aside. Add remaining butter and sauté onions, celery, fennel, and 1 tsp salt until vegetables soften, about 8 minutes. Then add parsnips and turnips and cook for about 5 more minutes, until vegetables begin to brown. Turn heat to low, stir in flour, and cook for a few more minutes. Continue stirring while adding stock, milk, sherry, and reserved mushrooms. Turn up heat, bring to a simmer, and cook for a few more minutes, until thickened. Add herbs, nutmeg and pepper; taste and adjust seasoning. Place in 9 x 12-inch casserole dish.

Make biscuit dough and gently drop by the spoonful over the mushroom mixture. Bake in preheated 400° F oven for 25 minutes, until biscuits are golden brown and filling is bubbling.



# Chanterelles

# Chanterelles



## SUMMER CHANTERELLE SUCCOTASH

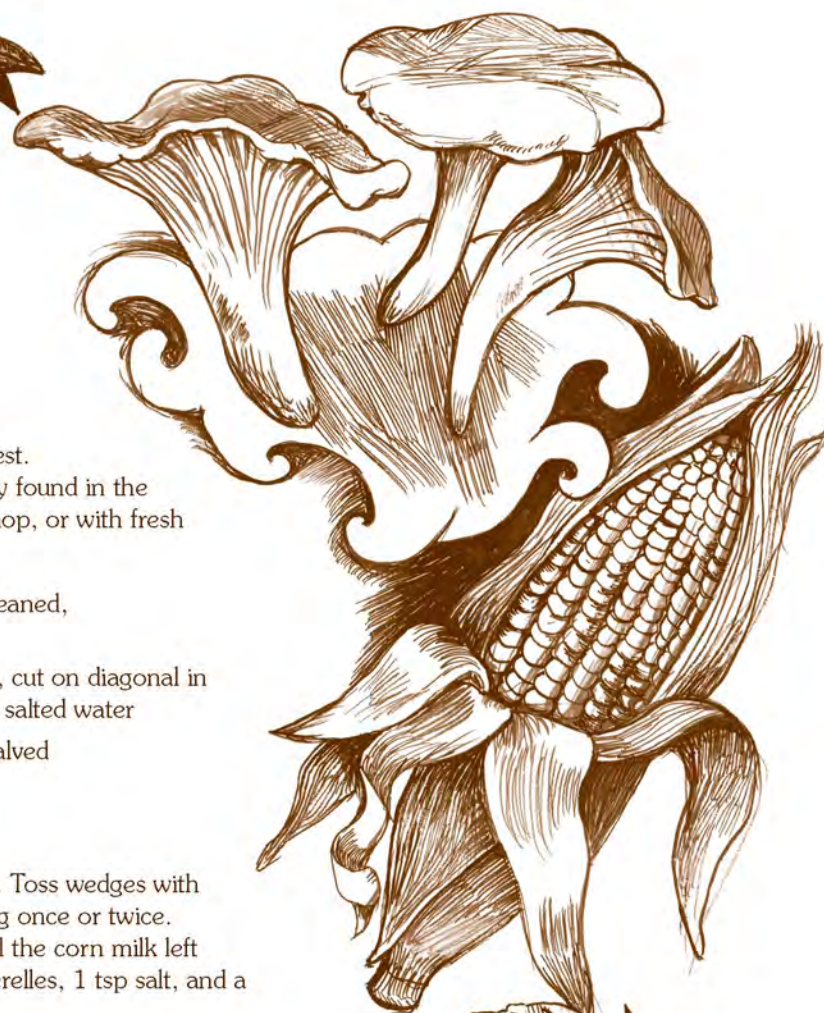
The chanterelles of late summer are smaller, firmer and drier than the fall harvest. This recipe takes advantage of those qualities, along with other delicious bounty found in the farmers market during August. Serve this atop grilled salmon or a juicy pork chop, or with fresh cooked shell beans, such as cranberry, tossed in the mix.

1 pound fresh cippolini or Walla Walla  
or other sweet onion  
2 tbsp olive oil  
2 tsp salt  
3 ears sweet corn  
4 tbsp unsalted butter

$\frac{3}{4}$  lb small chanterelles, cleaned,  
and halved if big  
 $\frac{1}{2}$  lb romano green beans, cut on diagonal in  
thirds, and blanched in salted water  
1 pint cherry tomatoes, halved  
1 lemon, zest and juice  
 $\frac{1}{2}$  cup basil, slivered

Heat oven to 325°F. Cut onions into medium wedges and place in baking dish. Toss wedges with 1 tsp salt, a few grindings of pepper, and olive oil. Bake for 30 minutes, stirring once or twice. Meanwhile, cut corn off cob and scrape the cob with a knife or spoon to get all the corn milk left behind. In a large skillet heat 2 tbsp butter over medium-high heat. Add chanterelles, 1 tsp salt, and a few grindings of pepper. Sauté until tender and liquid has evaporated.

Turn heat down to medium, add corn, continue cooking until heated through. Add romano beans, baked onions with all their juices, the lemon zest, half the lemon juice, and the remaining butter. Heat through for a few minutes. Turn off heat and add tomatoes and basil. Taste and adjust seasonings.





# Matsutake

## CLAMS WITH MATSUTAKE AND LEEKS

This simple preparation highlights the sweet cinnamon aroma and flavor of matsutake. Serve with crusty bread or just a spoon to savor all the buttery juices.

4 tbsp unsalted butter

1 medium leek trimmed of dark green  
tops, split, cleaned and sliced  $\frac{1}{4}$  in thick

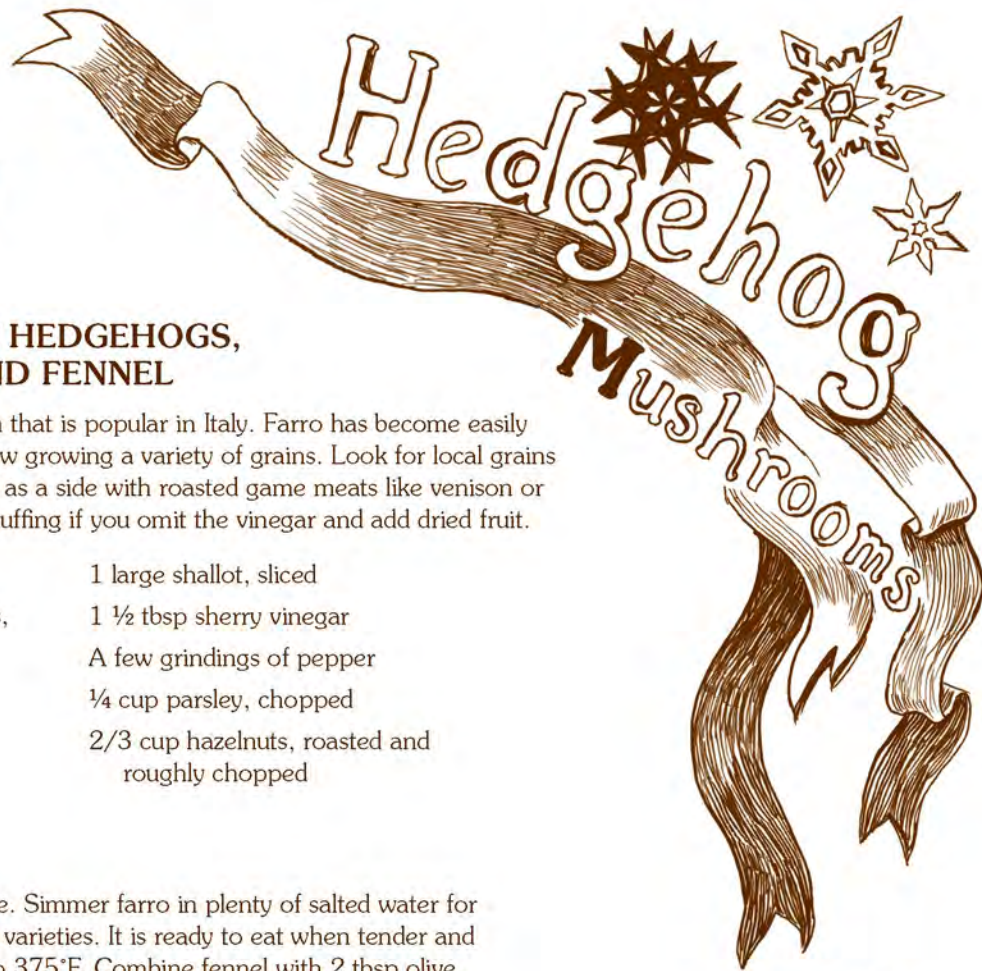
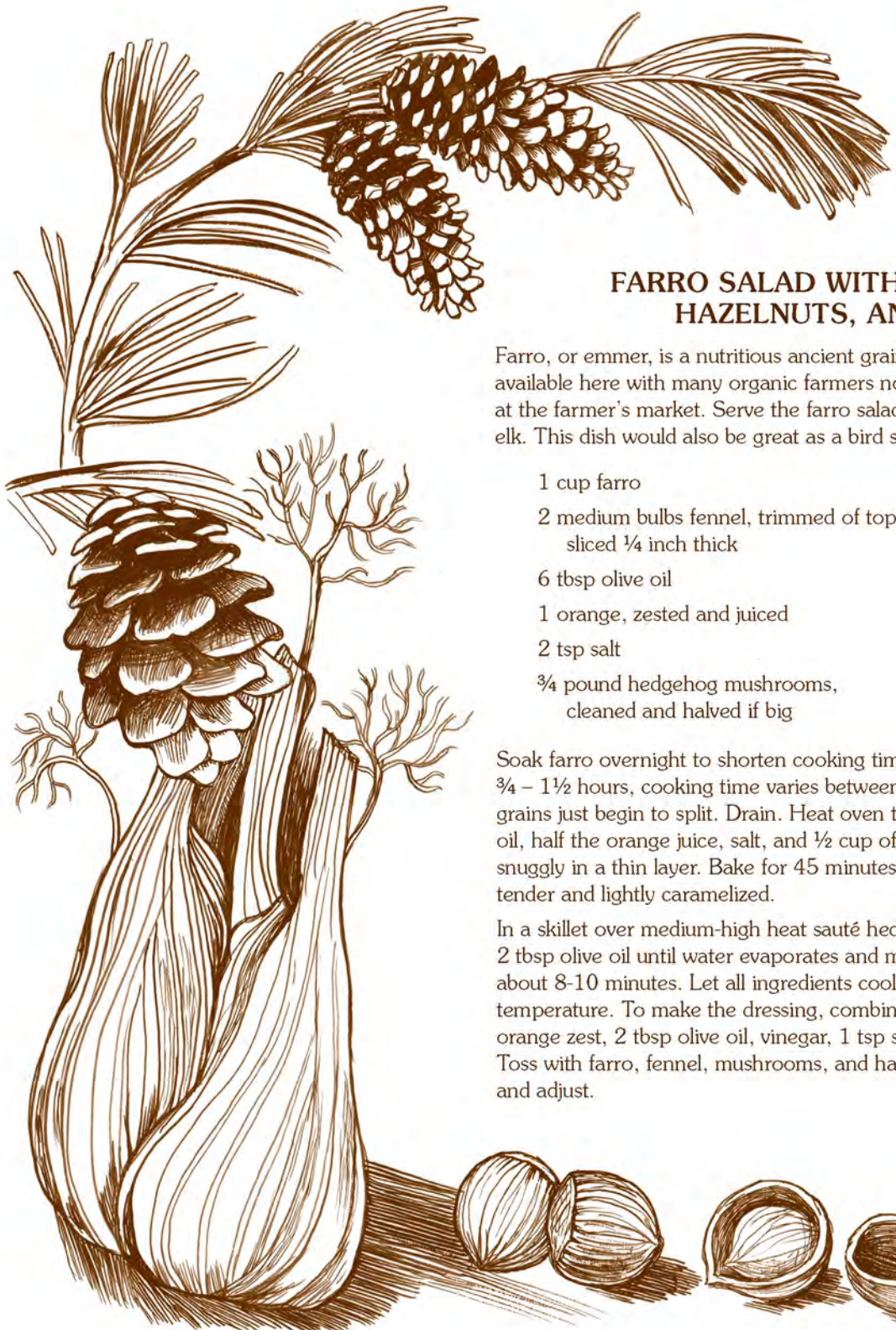
$\frac{1}{2}$  lb matsutake, cleaned and thinly sliced

2 lb clams, washed

$\frac{1}{2}$  cup water

1 lemon, cut into wedges

In a medium sized pot with a lid, sauté leeks with a pinch of salt in butter over medium-high heat until softened, about five minutes. Do not let leeks brown. Add matsutake and cook for a few more minutes. Turn up heat and add clams and water; stir to distribute ingredients and cover pot. When it comes to a simmer, turn down heat to medium and stir. Cover and simmer a few more minutes until all clams open. Add a squeeze of lemon and serve with the remaining lemon wedges.



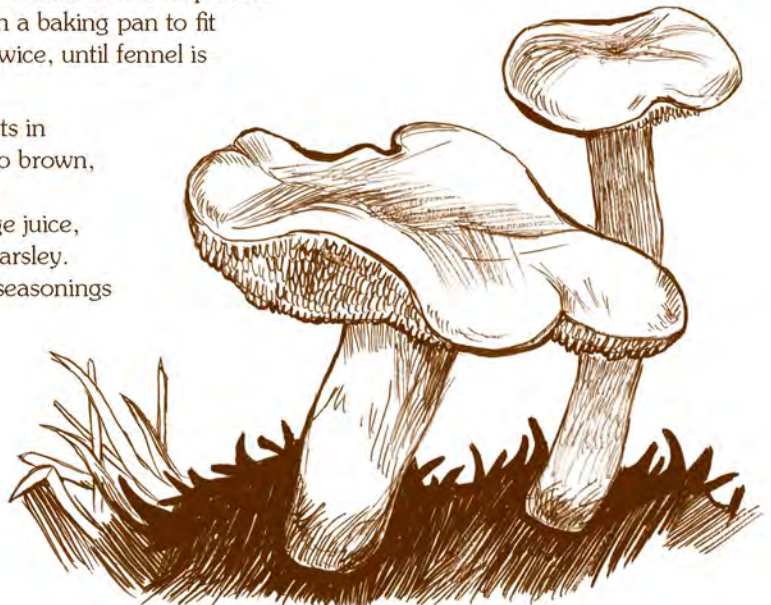
## FARRO SALAD WITH HEDGEHOGS, HAZELNUTS, AND FENNEL

Farro, or emmer, is a nutritious ancient grain that is popular in Italy. Farro has become easily available here with many organic farmers now growing a variety of grains. Look for local grains at the farmer's market. Serve the farro salad as a side with roasted game meats like venison or elk. This dish would also be great as a bird stuffing if you omit the vinegar and add dried fruit.

- 1 cup farro
- 2 medium bulbs fennel, trimmed of tops, sliced ¼ inch thick
- 6 tbs olive oil
- 1 orange, zested and juiced
- 2 tsp salt
- ¾ pound hedgehog mushrooms, cleaned and halved if big
- 1 large shallot, sliced
- 1 ½ tbs sherry vinegar
- A few grindings of pepper
- ¼ cup parsley, chopped
- 2/3 cup hazelnuts, roasted and roughly chopped

Soak farro overnight to shorten cooking time. Simmer farro in plenty of salted water for ¾ – 1½ hours, cooking time varies between varieties. It is ready to eat when tender and grains just begin to split. Drain. Heat oven to 375°F. Combine fennel with 2 tbs olive oil, half the orange juice, salt, and ½ cup of water and place in a baking pan to fit snugly in a thin layer. Bake for 45 minutes, stirring once or twice, until fennel is tender and lightly caramelized.

In a skillet over medium-high heat sauté hedgehogs and shallots in 2 tbs olive oil until water evaporates and mushrooms begin to brown, about 8-10 minutes. Let all ingredients cool to warm or room temperature. To make the dressing, combine remaining orange juice, orange zest, 2 tbs olive oil, vinegar, 1 tsp salt, pepper, and parsley. Toss with farro, fennel, mushrooms, and hazelnuts. Taste for seasonings and adjust.





# wild fennel

## FENNEL AND BAY-SCENTED CRANBERRY BEANS

The subtle licorice flavor of wild fennel enhances many dishes, adding an alluring depth that keeps you coming back for more. This wonderful plant has many elements that can be used for cooking: fennel fronds — snip the tender new growth; fennel flowers (sometimes called pollen) and seeds — harvest fresh, or dry them for later use; and fennel stalks — use for scenting grilled meats and fish.

These beans are fabulous on their own, on top of a piece of grilled bread, with a poached egg, or as the base for a soup.

1 pound fresh cranberry beans, shelled (3 cups),  
or about 3 pounds in the pod,  
or ¾ pound soaked dried beans

½ cup diced shallot or sweet onion

2 cloves garlic, smashed and peeled

1 tsp fresh fennel seeds, or ¾ tsp dried

1–2 fresh bay leaves or 2–3 dried

2 sprigs fresh thyme

2 tbsp olive oil

1 tsp salt

A few grindings black pepper

A few drops sherry vinegar

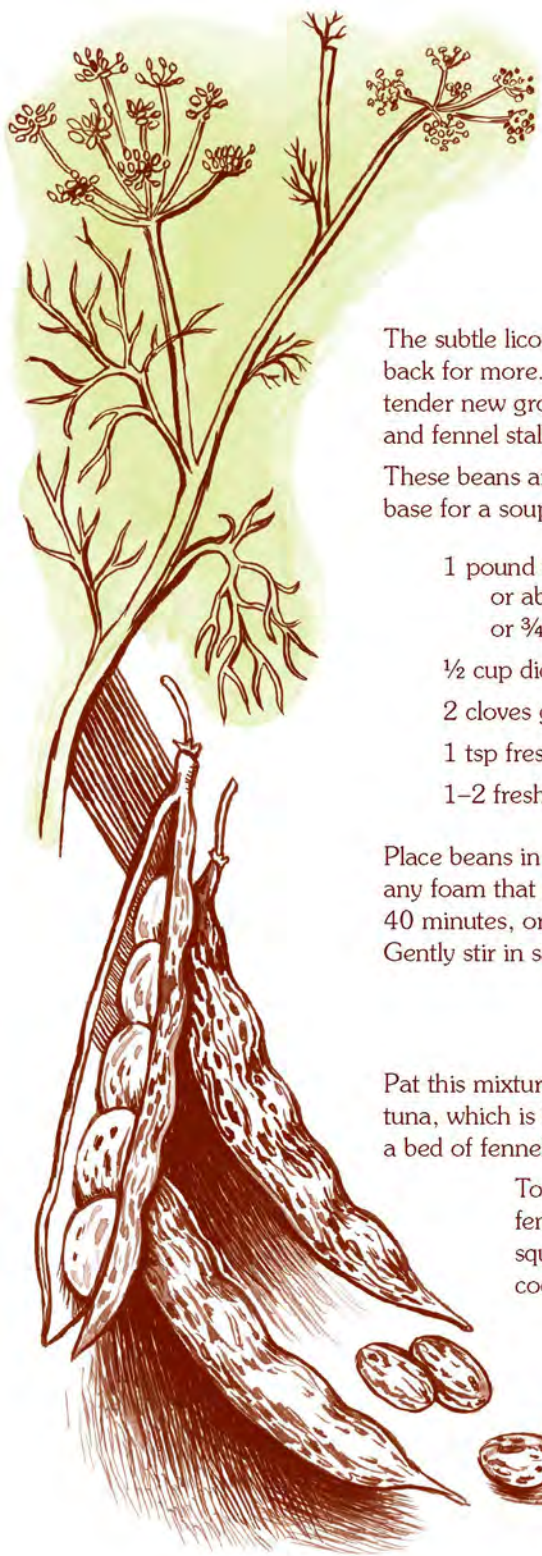
Fresh fennel flowers and fennel fronds, chopped (if available)

Place beans in medium pot. Add water to cover by one inch. Bring to a boil, then turn heat to a gentle simmer, skimming any foam that rises to the top. Add ingredients through olive oil. Cover with a lid set askew and cook for 40 minutes, or until beans are very tender but not falling apart. Add more water as needed to keep beans submerged. Gently stir in salt, pepper, and vinegar. Garnish with fennel flowers and fronds, and an extra drizzle of olive oil.

## FENNEL POLLEN RUB FOR FISH

Pat this mixture onto any fish for a heavenly combination. The flavors of the rub go especially well with fresh albacore tuna, which is in plentiful supply when fennel flowers are blooming. If you are baking or grilling the fish, try laying it on a bed of fennel stalks.

To make rub: Chop fresh fennel flowers (or use dried fennel pollen) with a small amount of tender fennel fronds and another herb, such as chives or parsley. Add finely grated lemon zest and a squeeze of lemon juice, along with salt, pepper, and enough olive oil to moisten. Rub on fish and cook as desired.



# King Boletes

## GRILLED KING BOLETES WITH WILD SALAD

My favorite way to savor king boletes is simply grilled. Pair them with truly wild delicate spring greens and you have a match made in foraging heaven. This recipe is a guideline to spark your creativity and to use whatever you have found and foraged in the woods or your local farmers market.

For each serving:

1 medium king bolete

Olive oil

Garlic

A few herb sprigs such as marjoram,  
thyme, oregano, or parsley

Salt and pepper

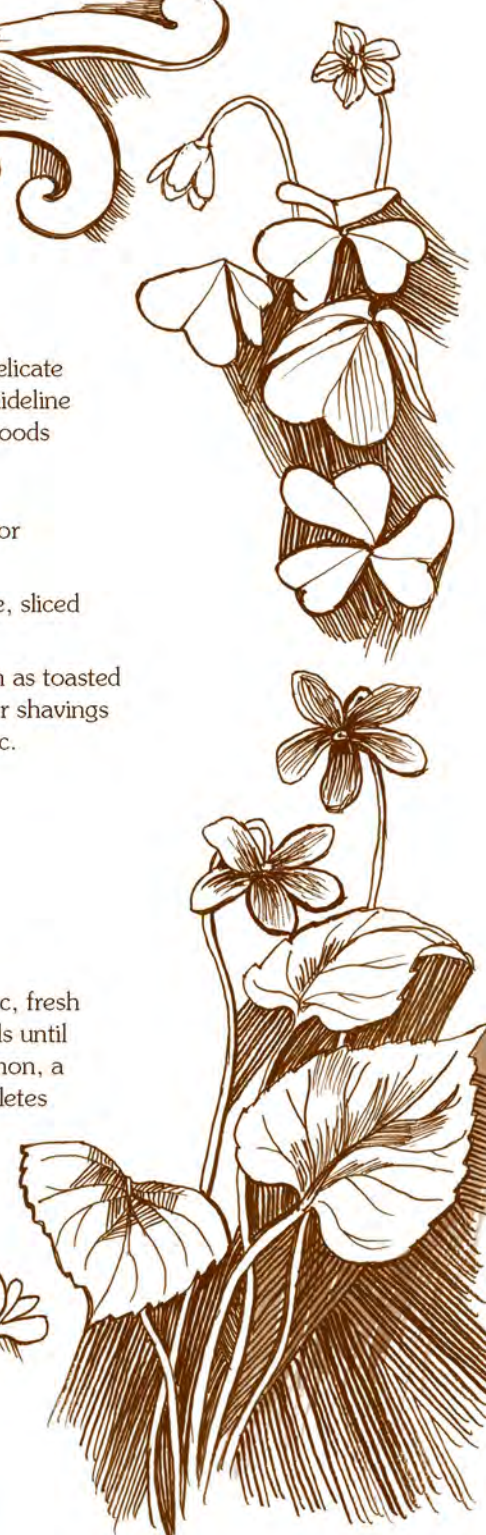
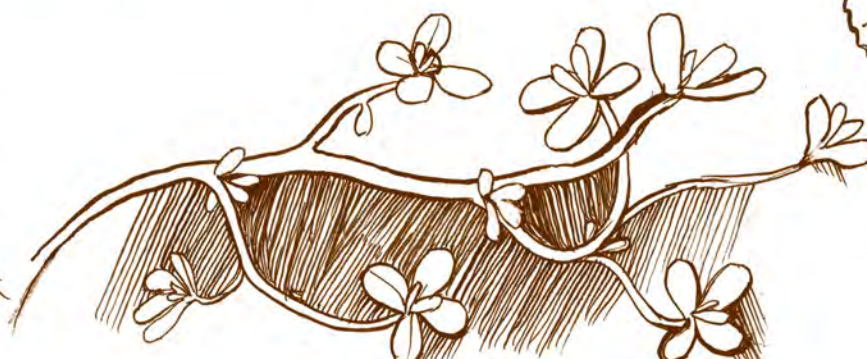
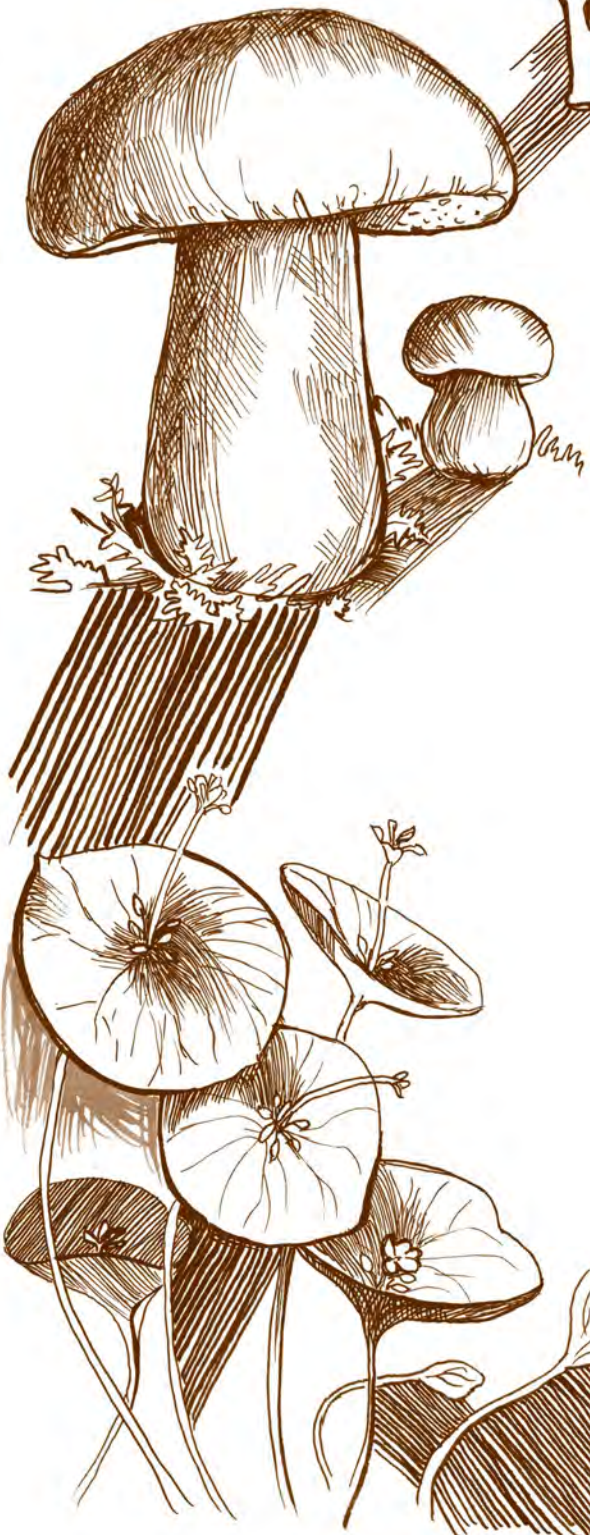
A couple handfuls of foraged greens –  
chickweed, dandelion, fennel fronds,  
lamb's quarters, miner's lettuce,  
purslane, spring beauty, sheep sorrel,  
wood sorrel, wood violets, etc.

Fresh squeezed lemon juice or  
wine vinegar

One small button king bolete, sliced  
paper thin, optional

A crunchy tasty garnish such as toasted  
pinenuts, crispy bacon, or shavings  
of a hard local cheese, etc.

Slice mushroom  $\frac{1}{4}$  inch thick. Mix a spoonful of olive oil with a little minced garlic, fresh herbs, salt, and pepper. Brush liberally on mushroom and grill slices over hot coals until browned and tender. Toss wild greens with a drizzle of olive oil and vinegar or lemon, a sprinkle of salt and pepper, and optional raw bolete. Serve next to grilled king boletes sprinkled with garnish of choice.





# Evergreen Huckleberries



## EVERGREEN HUCKLEBERRY CHUTNEY

Evergreen huckleberries are tiny, tart winter gifts: they are complex in flavor, high in antioxidants, and possess a purple hue reminiscent of rich royal robes. Their deep flavor is highlighted by both sweet and savory preparations, and becomes even sweeter after the first frost. This tasty chutney goes particularly well with wild fare such as salmon, elk, and venison.

1 cup small-diced shallots

¼ cup olive oil

1/8 tsp salt

¼ tsp ground cardamom

¼ tsp ground allspice

¼ tsp ground clove

¼ tsp ground black pepper

1 ½ cups small-diced apple

3 cups evergreen huckleberries, fresh or frozen

1 small orange, zest and juice

½ cup granulated sugar

½ cup brown sugar

1 cup water

Sauté shallots in olive oil over medium-high heat until they begin to lightly brown. Turn heat to medium, add salt and spices, and cook for a few more minutes, until spices are fragrant. Add remaining ingredients; bring to a boil over medium-high heat, then turn down and keep at a simmer. Cook until mixture thickens and flavors mingle, about 30 minutes. Taste and add sugar if too tart. Let cool to room temperature to serve, or store in refrigerator for up to one week.





LOBSTER  
MUSHROOMS

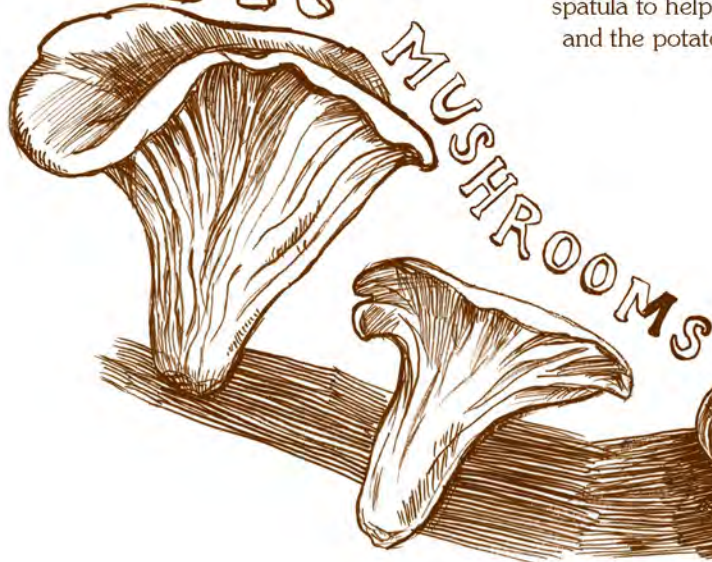
## LOBSTER MUSHROOM POTATO GRATIN

This gratin isn't holding back on indulgence! The lobster mushrooms rich nutty flavors blend harmoniously with the cream and potatoes. Use a mandoline to make easy work of slicing potatoes. Try variations substituting part of the potatoes with Jerusalem artichokes or turnips.

- |   |  |
|---|--|
| 1 lb lobster mushrooms, cleaned and sliced ¼ inch thick | 1 tsp fresh thyme, chopped   |
| 2 tbsp olive oil or butter                              | 1 lb waxy yellow potatoes, such as Yukon gold, peeled and sliced 1/16 inch thick |
| 2 tsp salt  | 1 cup heavy cream or half-and-half   |
| ½ tsp ground pepper                                     |  |

Heat oven to 350°F. In a large skillet over medium-high heat, sauté lobster mushrooms in olive oil with 1 tsp salt until water evaporates and mushrooms begin to brown, about 8-10 minutes. Mix remaining salt, pepper, and thyme together and toss with potato slices. Arrange half of potatoes in greased 8x8 inch baking pan and top with half of mushrooms. Repeat layers.

Pour cream over top and lightly press down ingredients. The liquid should come up to the bottom of the top layer. Add more cream if needed. Bake for 30 minutes; press down top layer with spatula to help cook evenly. Continue baking about 30 minutes more until browned, bubbly, and the potatoes are soft.



# Morels

## KASHMIRI MOREL AND ASPARAGUS CURRY

Morel mushrooms, known as *guchi* in India, grow in the mountains of the northeastern state of Kashmir. They are a specialty of the region, used in dishes such as this yogurt-laced curry. Much of the annual harvest is dried and distributed throughout India, fetching a high price in the markets.

Sprouting at the same time of year, morels and asparagus are a classic pairing. Try fresh green peas or fava beans in place of the asparagus, if you prefer. Serve this curry with basmati rice to soak up its rich sauce.

1 cup chopped onion

3 cloves garlic

2 tsp chopped fresh ginger

3 tbsp vegetable oil or ghee

KASHMIRI CURRY SPICES  
(recipe on back page)

$\frac{3}{4}$  tsp whole cumin seeds

$\frac{3}{4}$  pound fresh morels, halved if large, cleaned and trimmed (or 1½ ounces dried morels\*)

1 cup diced fresh tomatoes

1  $\frac{3}{4}$  tsp salt

1 cup water

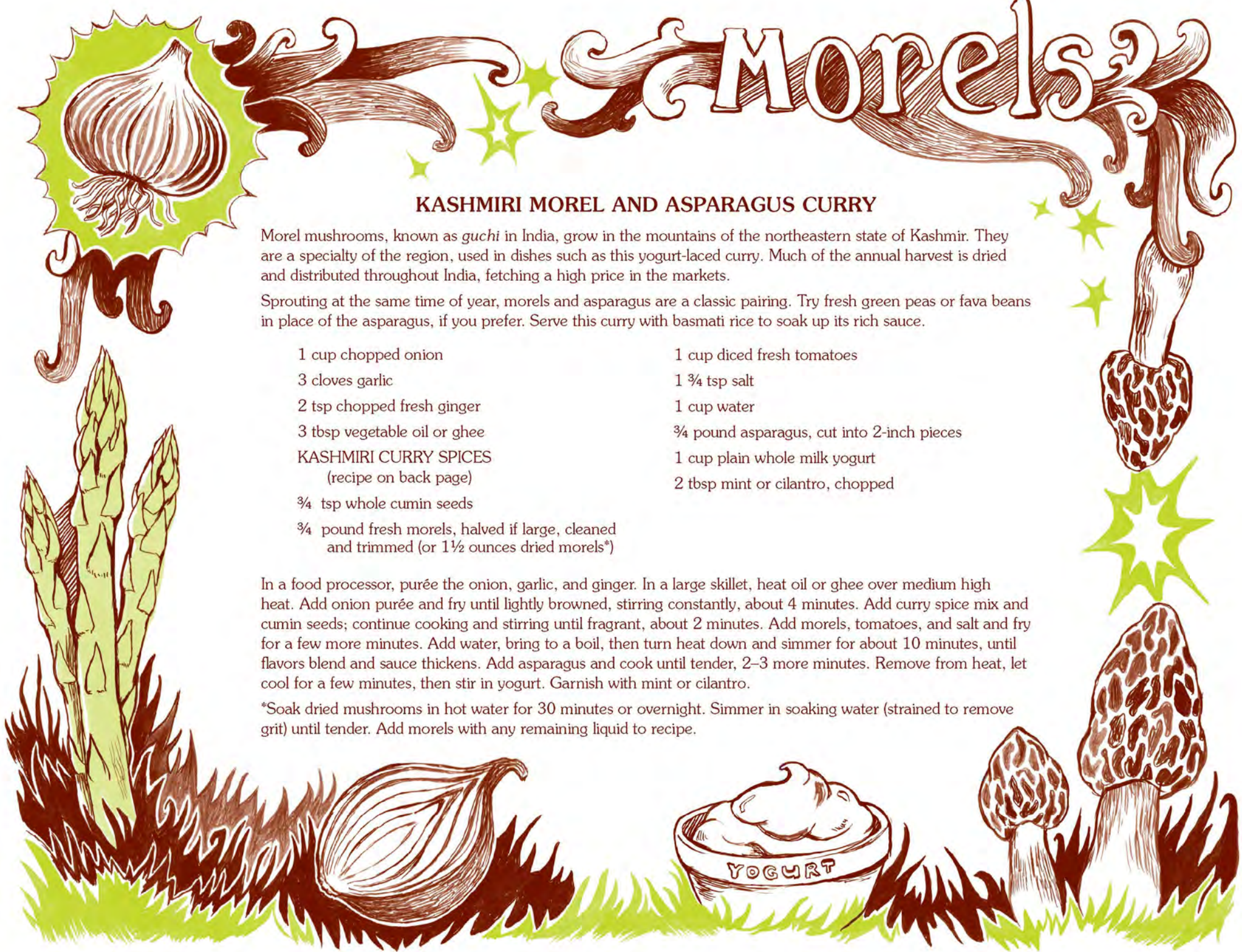
$\frac{3}{4}$  pound asparagus, cut into 2-inch pieces

1 cup plain whole milk yogurt

2 tbsp mint or cilantro, chopped

In a food processor, purée the onion, garlic, and ginger. In a large skillet, heat oil or ghee over medium high heat. Add onion purée and fry until lightly browned, stirring constantly, about 4 minutes. Add curry spice mix and cumin seeds; continue cooking and stirring until fragrant, about 2 minutes. Add morels, tomatoes, and salt and fry for a few more minutes. Add water, bring to a boil, then turn heat down and simmer for about 10 minutes, until flavors blend and sauce thickens. Add asparagus and cook until tender, 2–3 more minutes. Remove from heat, let cool for a few minutes, then stir in yogurt. Garnish with mint or cilantro.

\*Soak dried mushrooms in hot water for 30 minutes or overnight. Simmer in soaking water (strained to remove grit) until tender. Add morels with any remaining liquid to recipe.





# Oyster MUSHROOMS

## GRILLED OYSTER MUSHROOM SALAD WITH GREEN GARLIC VINAIGRETTE

Grilling oyster mushrooms over a fire highlights their meatiness and rewards you with pleasant crispy edges. If you are cooking indoors, a cast iron grill pan also works well. These white shell-shaped beauties are widely cultivated, but seek out wild ones for their more delicate flesh and almond-like aroma.

Green garlic is the long, tender spring shoot of soft-neck garlic varieties and resembles baby leeks in appearance. Its mellow, sweet garlic flavor lends a subtle depth to this composed spring salad, while the raw artichoke adds interesting textural contrast.

2 stalks green garlic, chopped (about  $\frac{1}{3}$  cup)  
2 tbsp chopped fresh thyme or marjoram  
3 tsp apple cider vinegar, divided  
5 tbsp olive oil  
2  $\frac{1}{2}$  tsp salt  
 $\frac{3}{4}$  pound oyster mushrooms, trimmed,  
cleaned, and torn in half if large

1 medium artichoke  
Half lemon  
 $\frac{2}{3}$  pound small salad leaves, such as  
miner's lettuce, lamb's quarters, mache,  
baby spinach, or arugula  
 $\frac{1}{3}$  cup pine nuts, toasted

Using a blender or small food processor, puree green garlic with thyme, 1 tsp vinegar, olive oil, and salt. Toss half this mixture with the oyster mushrooms. Mix the other half with the remaining vinegar to make the salad dressing. Grill oyster mushrooms, turning occasionally, until tender and browned. Set aside.

To trim the artichoke, snap off its leaves until only tender inner ones remain. Cut stem to 1-inch long and trim the green skin from the base. Cut crosswise across top of artichoke to remove the spiky inner leaf tips. Scoop out the choke with a spoon. Cut in half vertically and rub all over with cut lemon. Shave artichoke very thinly, using either a sharp knife or a mandolin. As you work, toss artichoke slices with a little lemon juice and a pinch of salt. To serve, toss sliced artichoke with salad greens and green garlic dressing. Top with grilled mushrooms and pine nuts.

# Fiddlehead Ferns

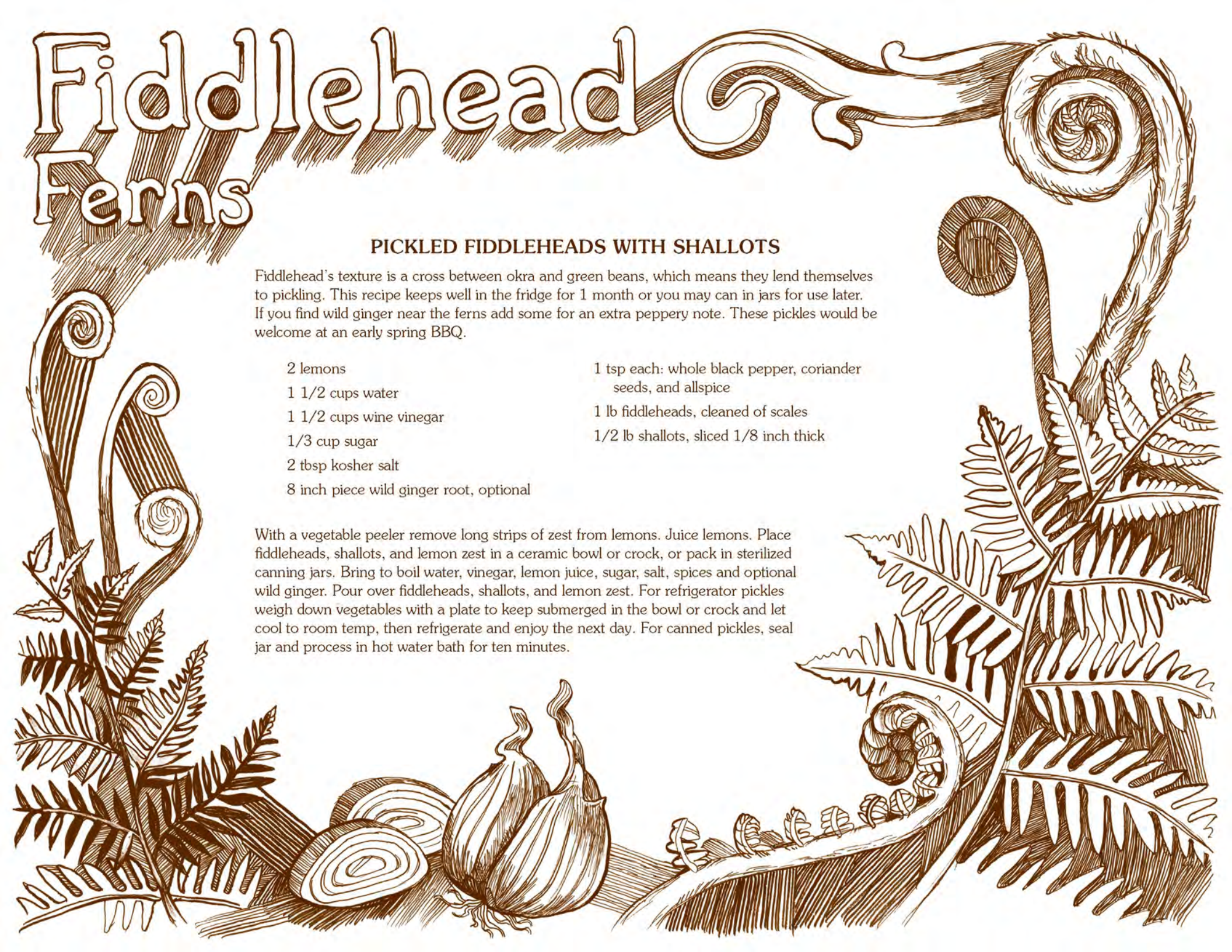
## PICKLED FIDDLEHEADS WITH SHALLOTS

Fiddlehead's texture is a cross between okra and green beans, which means they lend themselves to pickling. This recipe keeps well in the fridge for 1 month or you may can in jars for use later. If you find wild ginger near the ferns add some for an extra peppery note. These pickles would be welcome at an early spring BBQ.

2 lemons  
1 1/2 cups water  
1 1/2 cups wine vinegar  
1/3 cup sugar  
2 tbsp kosher salt  
8 inch piece wild ginger root, optional

1 tsp each: whole black pepper, coriander seeds, and allspice  
1 lb fiddleheads, cleaned of scales  
1/2 lb shallots, sliced 1/8 inch thick

With a vegetable peeler remove long strips of zest from lemons. Juice lemons. Place fiddleheads, shallots, and lemon zest in a ceramic bowl or crock, or pack in sterilized canning jars. Bring to boil water, vinegar, lemon juice, sugar, salt, spices and optional wild ginger. Pour over fiddleheads, shallots, and lemon zest. For refrigerator pickles weigh down vegetables with a plate to keep submerged in the bowl or crock and let cool to room temp, then refrigerate and enjoy the next day. For canned pickles, seal jar and process in hot water bath for ten minutes.





# Cauliflower mushrooms

## CAULIFLOWER MUSHROOMS ROASTED WITH CAULIFLOWER AND CHESTNUTS

Cauliflower mushrooms are a magnificent sight to see. They can grow to huge sizes — up to 30 pounds — and look like a dense ball of creamy ruffles. In this recipe, they are combined with their namesake vegetable and several classic fall flavors. If you can't find the elusive cauliflower mushroom, this recipe works well with other fall mushrooms, such as chanterelles.

½ pound cauliflower mushrooms, cleaned and cut into small chunks

1 small head cauliflower, cut into florets

¾ cup chestnuts, roasted and peeled (about 12)

½ cup thick-sliced shallots

10 fresh sage leaves

⅔ cup apple cider

⅓ cup water

2 tbsp olive oil or melted butter

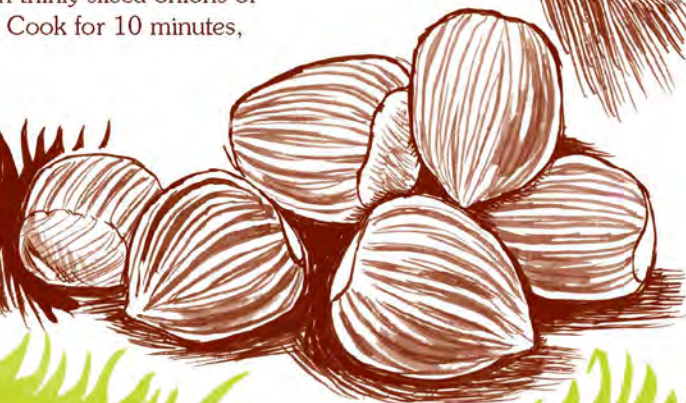
¾ tsp salt

Heat oven to 400° F. Toss all ingredients in a 13 x 9-inch baking pan. Bake for 35-45 minutes, stirring occasionally, until cauliflower is tender and all vegetables are lightly browned.

## CAULIFLOWER MUSHROOM NOODLES

If you find a cauliflower mushroom, it is often so big that you need to prepare it in as many ways as possible. Serve this dish alongside braised meats or with an herb pesto.

Slice cauliflower mushroom ruffles into long ¼-inch thick “noodles”. Sauté with thinly sliced onions or shallots and add a splash of white wine or stock. Season with salt and pepper. Cook for 10 minutes, until tender.





# TRUFFLES

## ROMANESCO WITH WARM BLACK TRUFFLE VINAIGRETTE

Simple preparations of truffles are best to highlight the subtle flavor and aroma of these mysterious elusive fungi. Use this vinaigrette with other winter vegetables such as cauliflower or brussel sprouts.

1/4 cup olive oil  
1 tbsp shallot, minced  
1 clove garlic, minced  
3/4 tsp salt

1 oz Oregon black truffle, minced  
1 tbsp champagne vinegar  
1 small head romanesco, 1 lb,  
cut into small florets

For vinaigrette heat oil over medium heat. Add shallot, garlic, and salt and turn down to low. Cook for two minutes, then add truffle and cook for 1 minute more. Remove from heat. When warm stir in vinegar. Blanch romanesco for 3-4 minutes in boiling salted water until tender. Drain and toss with vinaigrette. Taste for seasonings and adjust.

## HALIBUT BAKED IN PARCHMENT WITH WHITE TRUFFLES AND CHIVES

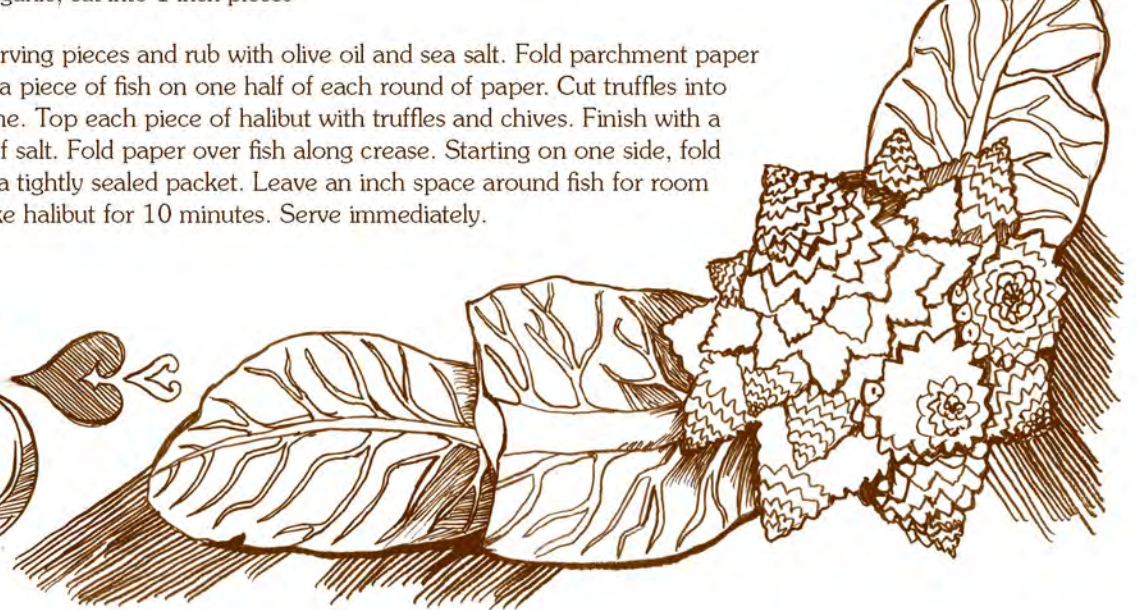
Baking the halibut in parchment keeps it moist and preserves the special aroma of the white truffle. This is a simple but elegant dish, perfect for having friends over for supper.

1 1/2 lbs halibut fillet  
Olive oil  
Sea salt

2 oz Oregon white truffles  
1/2 cup chives, French or  
garlic, cut into 1 inch pieces

4 sheets parchment paper,  
cut in 12 inch circles

Heat oven to 400°F. Cut halibut into 4 serving pieces and rub with olive oil and sea salt. Fold parchment paper rounds in half to crease. Open and place a piece of fish on one half of each round of paper. Cut truffles into paper thin slices or shave with a mandoline. Top each piece of halibut with truffles and chives. Finish with a liberal drizzle of olive oil and a sprinkle of salt. Fold paper over fish along crease. Starting on one side, fold and roll edges towards center to make a tightly sealed packet. Leave an inch space around fish for room to steam. Place on sheet pan and bake halibut for 10 minutes. Serve immediately.



# SEA BEANS

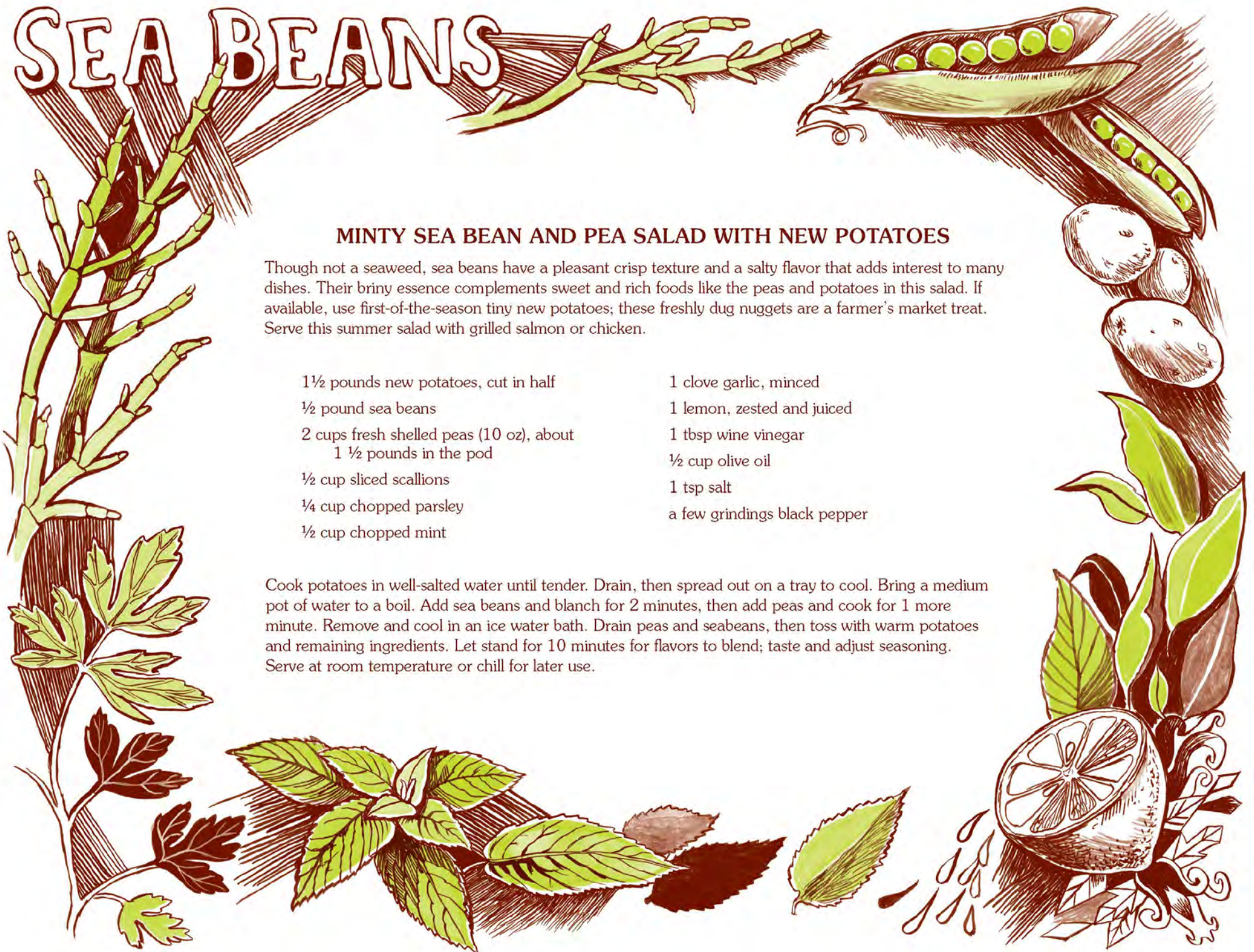
## MINTY SEA BEAN AND PEA SALAD WITH NEW POTATOES

Though not a seaweed, sea beans have a pleasant crisp texture and a salty flavor that adds interest to many dishes. Their briny essence complements sweet and rich foods like the peas and potatoes in this salad. If available, use first-of-the-season tiny new potatoes; these freshly dug nuggets are a farmer's market treat. Serve this summer salad with grilled salmon or chicken.

1½ pounds new potatoes, cut in half  
½ pound sea beans  
2 cups fresh shelled peas (10 oz), about  
1 ½ pounds in the pod  
½ cup sliced scallions  
¼ cup chopped parsley  
½ cup chopped mint

1 clove garlic, minced  
1 lemon, zested and juiced  
1 tbsp wine vinegar  
½ cup olive oil  
1 tsp salt  
a few grindings black pepper

Cook potatoes in well-salted water until tender. Drain, then spread out on a tray to cool. Bring a medium pot of water to a boil. Add sea beans and blanch for 2 minutes, then add peas and cook for 1 more minute. Remove and cool in an ice water bath. Drain peas and sea beans, then toss with warm potatoes and remaining ingredients. Let stand for 10 minutes for flavors to blend; taste and adjust seasoning. Serve at room temperature or chill for later use.



# Nettles

## FLAKY SEMOLINA FLATBREAD STUFFED WITH NETTLES AND HERBS

The nettles in this recipe are just the beginning. This filling is a perfect way to use any foraged greens from the forest or your garden. You probably have many delicious, nutritious weeds and herbs growing in your yard just waiting to be discovered. The dough for the bread is very forgiving and easy to work with, but don't hesitate to use this filling with prepared fillo or puff pastry. Serve alone or with yogurt. Recipe makes 18 small flatbreads.

### The Filling

½ lb nettles, about 2 ½ quarts packed

¼ lb foraged or farmed greens – spinach, chard, miner's lettuce, chick weed, purslane, lamb's quarter, pea vines, watercress, etc.

1 small onion, diced

2 tbsp olive oil

1 tsp salt

1 cup mint leaves, chopped

2 cups mixed herbs – parsley, fennel, dill, chervil, wood sorrel, garden sorrel, lemon balm, lemon verbena, or chives, chopped

½ bunch scallions, sliced thin

Semolina Dough – recipe on back page

Bring a large pot of salted water to boil. Blanch nettles for a few minutes, scoop out with strainer, and lay out on a sheet pan to cool. Repeat with remaining greens. When cool squeeze greens dry and chop medium fine. Heat skillet on medium-high and sauté onions in olive oil until translucent. Add chopped greens and sauté until heated through. Take off heat and add herbs, scallions, and salt. Stir until herbs are wilted. Taste for salt and set aside to cool. Assemble and cook.

Heat a cast iron pan over medium heat. Place a ball of dough on an oiled surface; flatten and stretch (or use a rolling pin) into a 7-8 inch round. Brush dough liberally with olive oil, fold in half, and brush again. Place 2-3 tbsp of filling in center and fold over sides to form a triangle. Flatten slightly with hand and place in pan. Cook for 3-4 minutes on each side until brown and crispy. Repeat with remaining dough and filling. Serve immediately or hold finished breads in warm oven.

## SEMOLINA DOUGH for Nettle Flatbread

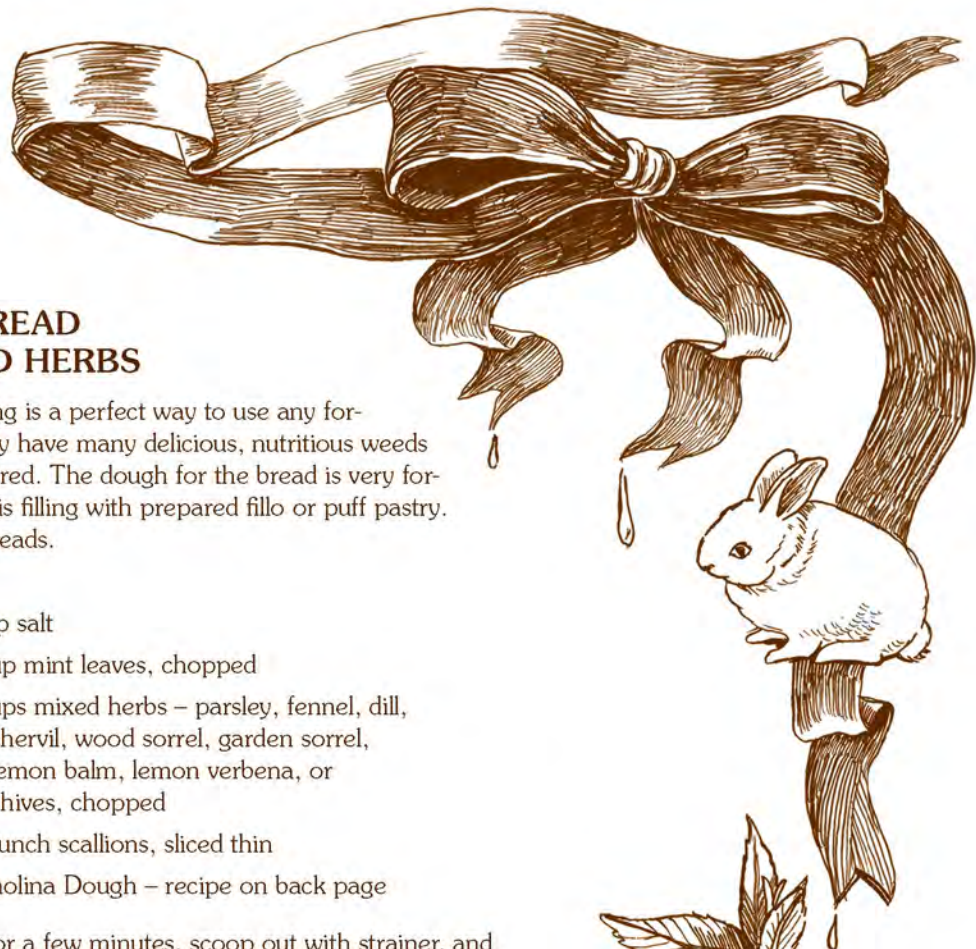
3 cups semolina flour

1 tsp salt

3 tbsp olive oil

1 2/3 cups warm water

Mix semolina and salt in a bowl. While mixing with a wooden spoon, slowly add warm water, and olive oil. Continue mixing dough until the water is evenly distributed and dough begins to come together. Remove dough to work surface and knead until smooth and soft, about 10 minutes. Alternatively use a stand mixer fitted with a dough hook. Divide dough into 3 pieces and divide each third into 6 balls. Oil balls and place on pan covered with plastic wrap. Let dough rest 20 minutes.



# Sheep Sorrel



## SHEEP SORREL AND PUMPKIN SEED SPREAD WITH CHIVES

Sheep sorrel tastes like a lemon built into a green leaf. That pleasing sour note is due to oxalic acid, present in all sorrels. Garden sorrel, mountain sorrel, or wood sorrel are all good substitutes. Serve this simple spread slathered on crackers, or tucked into a fried egg sandwich. To turn it into a healthy dip for veggies, thin it with a little more water and olive oil.

- |  |                         |
|--|-------------------------|
| 1 cup raw pumpkin seeds                | 1 tsp chopped garlic    |
| $\frac{3}{4}$ cup chopped sheep sorrel | 2 tbsp olive oil        |
| $\frac{1}{2}$ cup chopped chives       | $\frac{1}{2}$ cup water |

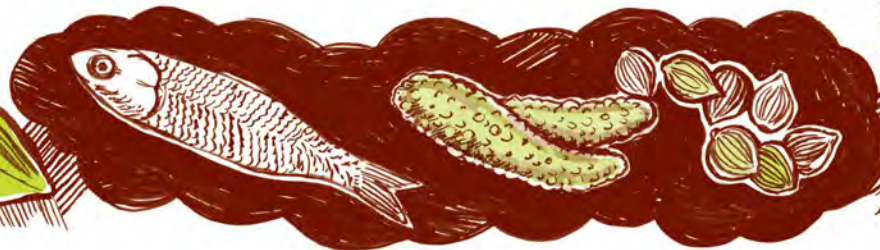
Heat a heavy pan, such as a cast iron skillet, over moderate heat. Add pumpkin seeds and toast until puffed and fragrant, about 10 minutes. Watch closely and stir often — do not brown. Remove seeds from pan. When cool, grind in a food processor until fine. Add remaining ingredients and purée until smooth.

## SORREL AND ANCHOVY TARTAR SAUCE

Please resist eating this with a spoon. This twist on classic tartar sauce pairs well with any seafood or chilled, cooked vegetable. Try it as a side dressing for a crab Louis or on poached salmon.

- |  |   |
|--|---|
| 2 hard-boiled eggs, chopped                              | $\frac{3}{4}$ cup chopped sheep sorrel                  |
| 4–6 anchovies, mashed                                    | 3 tbsp chopped parsley                                  |
| 2 tbsp minced capers                                     | 1 tbsp chopped fresh tarragon, dill, or fennel fronds   |
| 2 tbsp minced sour pickles,<br>such as cucumber or onion | 1½ cups prepared or homemade mayonnaise                 |
| 2 tbsp minced shallots                                   | $\frac{1}{4}$ – $\frac{1}{2}$ cup buttermilk (optional) |

Mix all ingredients together except mayonnaise and optional buttermilk. Whisk in mayonnaise. Refrigerate for at least 30 minutes for flavors to blend. Taste, adjust salt, and thin with buttermilk if desired.





## SNOWBALL SOUP WITH WATERCRESS AND DAIKON

This soup combines two of my family favorites: Chinese snowball soup and Chinese watercress soup. I eagerly await the winter solstice festival, Dongzhi, when we all sit around and roll “snowballs” for this special seasonal soup. The chewy rice dumplings, *tangyuan* in Mandarin, made of sweet rice flour, are similar to Japanese *mochi*. We eat watercress soup at the start of many family dinners; my father always leaves on the thick stems, simmered until they’re soft — my favorite part.

1 cup sweet (glutinous) rice flour

7 tbsp water

2 quarts CHICKEN BROTH (recipe on back page)

1 tbsp soy sauce

1 pound daikon radish, peeled and cut into matchsticks, 1/4-inch thick

1 pound watercress, leaves and stems, washed and cut into 2-inch pieces

2 Chinese sausages, *lap cheung*, cut into matchsticks, 1/8-inch thick (optional)

Boil a pot of water to cook dumplings. Slowly mix rice flour with water and a pinch of salt. Mix or knead until dough is smooth. Form into small balls, about 3/4-inch in diameter. Drop into boiling water, one batch at a time. When dumplings float to the surface, cook one minute more, then remove and set aside.

In a medium saucepot, bring chicken broth and soy sauce to a simmer. Add daikon and cook for 10 minutes. Then add watercress and simmer for 10–15 minutes more, until tender. Add snowballs and sausage (if using) and heat through.

## WATERCRESS DIPPING SAUCE FOR WHITE-COOKED CHICKEN

Find the recipe for Chicken Broth plus White-Cooked Chicken on back page. This simple sauce is also tasty used as a dressing for a noodle salad with a splash of rice vinegar.

Mix together: 1/2 cup finely chopped watercress, 1/4 cup minced scallions, 2 tbsp minced ginger, 1/4 cup vegetable oil, 1/4 cup sesame oil, 1 tbsp water, and 3/4 tsp salt.



# WATERCRESS

# Wild Berries

## WILD BERRY AND GOAT YOGURT PARFAIT

This dessert is a simple and delicious way to enjoy the fruits of your hard berry-picking work. Goat yogurt gives a special tang to the composition, the cardamom brings out the best in berries, and the pretzels are an easy way to add texture.

1 ½ pints mixed wild berries such as trailing blackberries, blackcap raspberries, blueberries, red huckleberries, blue huckleberries, salmonberries, thimbleberries, salal berries, or alpine strawberries

2 – 4 tbsp honey or maple syrup

1 pinch cardamom

¾ cup toasted ground pistachios

¾ cup crushed pretzels

Goat Yogurt Mousse – recipe below

Combine berries, sweetener, to taste, and cardamom. Macerate for 10 to 15 minutes. In small glass bowls or cups, alternate layers of berries and mousse sprinkling pistachios and pretzels in between.

### Goat Yogurt Mousse

2 tsp powdered gelatin (1 packet)

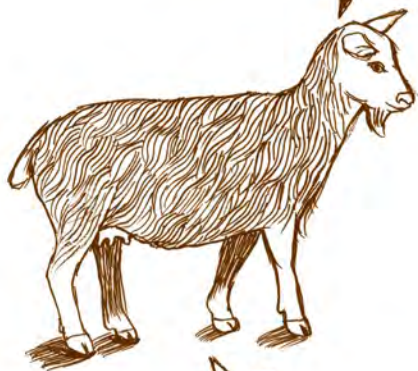
¼ cup water

12 ounces goat milk yogurt, 1 ½ cups

1 cup whipping cream

3 tbsp honey

Soften gelatin in cold water for a few minutes. Then heat slowly, stirring until dissolved. Let cool and stir into yogurt and honey. Whip cream to firm peaks and gently fold in yogurt mixture. Refrigerate 2 hours to set.



# RAMPS

## SPOONBREAD WITH WILD RAMPS

Ramps perfume this dish with their sweet and pungent oniony, garlicky goodness. If you like cornbread, you will love spoonbread; it is a moist, soufflé-like version of cornbread. Spoonbread's origin dates back to the 19th century, when old-world techniques for making puddings and breads were combined with corn, a new-world ingredient. This version is great as a side dish with roasts, or as a breakfast dish with bacon or sausage. Depending on your affinity for ramps, adjust the amount accordingly; substitute scallions and garlic if ramps aren't available.

1/3–2/3 pound ramps, cleaned and cut into 1-inch pieces  
1 ¼ tsp salt, divided  
3 tbsp butter, divided, plus more for coating baking dish

2 cups milk  
1 cup cornmeal  
1 cup buttermilk  
3 eggs, separated  
1 tsp baking powder

Heat oven to 325° F and butter a 2-quart baking pan. In a medium pan over moderate heat, sauté ramps with ¼ tsp salt in 1 tbsp butter for a few minutes, until wilted. Set aside. Heat milk, 2 tbsp butter and 1 tsp salt in a small saucepan until simmering. Turn heat to low and whisk in cornmeal. Cook for 5 minutes, stirring constantly. Remove to a bowl and let cool for 5 minutes. Whisk in buttermilk, egg yolks, and baking powder. In a separate bowl, beat egg whites to medium peaks and fold into cornmeal mixture. Gently stir in ramps and pour into prepared pan. Bake for about 60 minutes, until browned and set.

