

Harvesting, Cooking & Eating Wild Plants With “Wildman” Steve Brill

Recipes



Presented as part of *Uncultivated*, a multi-facteted art project by Lynn Cazabon,
in collaboration with The Point CDC,
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Awareness and Action*

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Wild Bronx Salad

- Bronx wild greens (whatever we find), chopped
 - 1 cup organic grapes
- 1/2 cup toasted pecans, or other nuts, chopped
 - 1 green apple, chopped

Simple Salad Dressing

Here's a basic oil and vinegar salad dressing enhanced by wild garlic, onion, miso, and ketchup.

- 1 cup olive oil
- 1/4 cup brown rice vinegar
- 1/4 cup red wine vinegar
- 1/4 cup mellow (light-colored) miso
- 3 tbs. fruit juice-sweetened ketchup (available in health food stores)
 - 1 small red onion
- 1 tsp. of wild garlic or field garlic bulbs, or 1 clove of commercial garlic

Purée all ingredients in a blender.

Makes 2 cups

Preparation time: 5 minutes

Brown Rice with Burdock

Burdock's potato-artichoke flavor makes plain brown rice quite special.

- 2 cups brown rice
- 4 cups salt-free vegetable stock (can be made with water and powdered stock)
 - 1 cup wild burdock root, thinly-sliced
 - 2 tbs. sesame oil
- 1 tsp. Vege-sal (a seasoned salt available in health food stores)
 - 4 cloves of garlic, crushed
 - 1 tsp. thyme, ground
 - 1 tsp. rosemary, ground
 - 1 tsp. sage, ground
 - 1 tsp. chili paste or hot sauce

Place all ingredients in large saucepan and bring pot to boil. Reduce heat to simmer covered, until burdock and grains are tender about 50 mins.

Beluga lentils with Epazote

- 2 cups beluga lentils (or substitute other beans)
 - 4 cups water (or as needed)
- 2 tablespoons fresh epazote leaves, chopped
 - 2 bay leaves
 - 1 head garlic
- 2 chiles, seeds & ribs removed and chopped
 - 1 tablespoon olive oil
- 1 teaspoon Vege-Sal or ½ tsp salt

1. In large saucepan, cover beans with water and bring pot to boil. Lower heat.
2. Put epazote and bay leaves in a tea ball or tie them up in cheesecloth
3. Add herbs, garlic, chiles, olive oil to lentils and simmer
4. Add Vege-Sal

Creamed Lamb's-Quarters

Here's a traditional American spinach recipe using lamb's-quarters, and further transformed by vegan ingredients replacing the cream. Serve over rice or pasta, using the liquid as a sauce.

- 6 cups lamb's-quarters (or other wild greens), chopped
 - 6 tbs. silken tofu
 - 6 tbs. water
 - 6 tbs. coconut oil
- 4 tbs. lecithin granules (available in health food stores)
 - 1 tbs. arrowroot
- 3/8 tsp. clear liquid stevia (available in health food stores)
 - 8 cloves of garlic, peeled
 - 1/2 tbs. salt
- 1/2 tsp. black pepper, ground
 - 1/2 tsp. nutmeg, ground

1. Purée the water, tofu, coconut oil, lecithin, and stevia in a blender.
2. Combine with the remaining ingredients in a saucepan, cover, and cook over low for heat for 10 to 20 minutes, or until just wilted.

Serves 4 to 6, preparation/cooking time: 20 minutes

Stick Pudding

Black birch twigs impart a wonderful wintergreen flavor to this heavenly tapioca pudding, which you may serve hot or cold.

- 3-1/2 cups almond milk, coconut milk, or other non-dairy milk
 - 1/2 cup black birch twigs
 - 1/3 cup tapioca pearls
 - 1/2 cup raisins
- 1/4 cup lecithin granules (available in health food stores and online)
- 1/4 cup vegetable glycerin (available in health food stores and online)
 - The scrapings of 1-1/2 inches of a vanilla bean
- 2 tsp. liquid stevia (available in health food stores and online)
 - 1 tsp. freshly-grated (or 1/3 tsp. dried) lemon rind
 - 1/4 tsp. salt
 - 1/2 cup walnuts (optional)
 - 1/2 cup wild blackberries (optional)

1. Bring all ingredients except the nuts to a boil over medium heat in a heavy saucepan, stirring constantly, reduce the heat to low, and simmer, uncovered, for 15 minutes, stirring often.

2. Remove and discard the twigs.

3. Stir in the nuts.

Serves 6, preparation/cooking time: 25 minutes