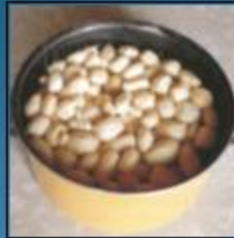


Yummy plants (mostly natives) found along Wisconsin lakeshores and easy recipes for their gastronomical enjoyment



Wisconsin Lakes Partnership Convention - April 26th, 2014



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Sources: "The forager's harvest: a guide to identifying, harvesting, and processing edible wild plants" by Samuel Thayer and the UWSP herbarium web site



Sauteed Fiddlehead Ferns / By Molly Watson

Ingredients:

1 Tbsp. salt, plus more to taste / 1 pound fiddlehead ferns / 2 tsp. grapeseed or vegetable oil /

1 - 2 cloves garlic, thinly sliced or 1 small shallot, sliced / 1/8 - 1/4 tsp. red pepper flakes

Preparation:

- Trim and rinse fiddleheads, removing any brown ends or mushy parts.
- In a large pot bring 2 quarts water to a boil. Add salt and fiddleheads. Cook 1 minute. Drain and rinse with cold water.
- In a large frying pan, heat oil over medium-high heat. Add fiddleheads. Cook, stirring, until they start to brown, about 5 minutes. Add garlic and red pepper flakes, if you like, and cook, stirring, until garlic is fragrant and just starting to color, about 1 minute. Salt to taste. Serve immediately.

Makes 4 servings.

Braised ramps and asparagus

Ingredients:

12 cleaned ramps / 1 pound asparagus, rinsed, the tough ends trimmed and discarded / 1-2 tbsp. butter / Dash sea salt and freshly ground pepper / Loaf of crusty bread, for serving

Preparation:

- After you've cleaned the vegetables, snap of the woody portion of your asparagus stems
- Pop the asparagus into a pot of boiling, salted water and give them 3-4 minutes; drain and set aside
- Melt a tablespoon of butter in a skillet. It should melt and foam but not brown or burn, so adjust your heat accordingly. Add the ramps, and cook gently until soft, turning them occasionally; cook until tender, about 10-15 minutes on low to medium
- Add the asparagus for the last minute or two to get it warm
- Season with salt and pepper
- Serve with sea salt, pepper, and good crusty bread to mop up any juices; a shot of well-aged balsamic vinegar is a nice addition

Greens with fruit vinaigrette

Ingredients:

6 tablespoons white wine or champagne vinegar / 6 tablespoons olive oil / 1 red onion, thinly sliced / 2-3 tbsp. sugar / salt and pepper to taste / 2 dashes hot pepper sauce / ½ cup homemade jam or jelly made from blueberry, serviceberry, pin cherries, or chokecherry) / 2 pears, cored and sliced / big bunch of washed greens

Preparation:

- Wash and spin in a salad spinner your greens
- Mix together the vinaigrette ingredients
- Toss the greens with pears, red onion, and vinaigrette
- Add a bit of dry cheese like asiago or manchego on top

Homemade Chocolate-Hazelnut Spread courtesy of Giada De Laurentiis

Ingredients:

1/2 cup semisweet chocolate chips (3 ounces) / 3/4 cup skinned hazelnuts, toasted (about 4 ounces) / 2/3 cup sweetened condensed milk, such as Eagle Brand / 1 tablespoon honey / 1/8 teaspoon kosher salt / Toasted baguette slices / Sliced fruit, such as apples, pears, pineapple and/or bananas

Preparation:

- Cook's Note: To toast the hazelnuts, arrange in a single layer on a baking sheet. Bake in a preheated 350 degrees F oven for 15 to 18 minutes until lightly toasted. Cool completely before using.
- Preheat the oven to 350 degrees F.
- Place the chocolate chips in a small bowl and place over a saucepan of barely simmering water. Stir occasionally until the chocolate has melted and the mixture is smooth. Cool to room temperature.
- Grind the nuts in a food processor until pasty (the nuts will be stuck to the sides of work bowl), 1 minute. Scrape down the bowl with a rubber spatula. Add the condensed milk, honey and salt. Blend well, scraping down the bowl as needed. Add the cooled chocolate and pulse until combined. Transfer the spread to a small bowl.
- Serve with the toasts and sliced fruit.
- Note: The chocolate can also be melted in a microwave. Microwave the chocolate chips in a small microwave-safe bowl in 15-second intervals until the chocolate is very soft. Stir until melted and smooth.

Mashed duck potatoes (wapato)

Ingredients:

2-3 lbs. harvested duck potato tubers / 2-4 tbs. butter / ¼ cup heavy cream / salt and pepper to taste / top with a little cheddar

Preparation:

- Clean your duck potatoes by removing the leafy skirts with your fingers and rinsing the tubers
- Cut off the end with the shoot as well as the opposite end, where the tuber was attached to the rhizome
- Then peel the tubers with a sharp knife or peeler
- After the tubers are peeled, use them like potatoes
- They are drier than potatoes so use a little more cream and butter than when you make mashed potatoes
- Cook in a pot with a inch of water over the tubers and a good pinch of coarse salt
- Cook until tender and then drain
- Smash them up a little and then add the butter and cream
- Then mash them to the desired texture—rough for a chunky texture, more for a smoother end product
- Salt and pepper to taste
- Top with a nice cheddar or cotswald cheese

La Bete Noire Chocolate Flourless Cake with violets by Bon Appetit Magazine

Ingredients:

1 cup water / ¾ cup sugar / 9 tablespoons unsalted butter, diced / 18 ounces bittersweet chocolate or 18 ounces semisweet chocolate, chopped / 6 large eggs

Ganache

1 cup heavy cream / 8 ounces bittersweet chocolate or 8 ounces semisweet chocolate, chopped / violet flowers

Preparation:

- Preheat oven to 350°F and butter 10-inch spring form pan. Line bottom of pan with parchment round; butter parchment. Wrap 3 layers of heavy duty foil around outside of pan, bringing foil to top of rim.
- Combine water and sugar in saucepan. Bring to boil over medium heat, stirring until sugar dissolves. Simmer 5 minutes. Remove from heat.
- Melt butter in large saucepan over low heat. Add chocolate and whisk until smooth. Whisk sugar syrup into chocolate; cool slightly. Add eggs to chocolate mixture and whisk until well blended. Pour batter into prepared pan. Place cake pan in large roasting pan. Add enough hot water to roasting pan to come halfway up sides of cake pan.
- Bake cake until center no longer moves when pan is gently shaken, about 50 minutes. Remove from water bath; transfer to rack. Cool completely in pan.
- Bring heavy whipping cream to simmer in small saucepan over medium heat. Remove from heat. Add chocolate and whisk until smooth. Pour over top of cake still in pan. Gently shake pan to distribute ganache evenly over top of cake. Refrigerate cake in pan until ganache is set, about two hours.
- Can be made 2 days ahead. Cover and keep refrigerated.
- Run spatula around pan sides to loosen cake; release sides.
- Cut cake into wedges and serve with gently cleaned violets on top.