

Appendix: additional recipes from Kwiaht's 2nd, 3rd, 4th, 5th, and 6th Annual Camas Festivals

An updated note on cooking camas

Rinsed salal leaves work better than thimbleberry leaves for lining the slow cooker pot. For a 6 quart slow cooker add 3-4 cups water to start. Camas may be ready between 24-48 hours, you can tell when the bulbs start smelling sweet.

Camas sushi:

¼ cup dried camas
½ cup seaweed dashi
2 T rice vinegar
2 T soy sauce
¾ cup rice
1 c water
2T rice vinegar
1T sugar
¼ t salt
nori sheets

Simmer camas in dashi/vinegar/soy for 10 minutes. Cook rice in water, while it is cooking mix vinegar, sugar, and salt. Stir rice to cool, add seasoned vinegar, and stir, fanning to cool more quickly. Rice should be sticky and shiny.

Spread ¼ of the rice on ½ sheet toasted nori, spread a strip of ¼ of the prepared camas, roll and slice with a damp serrated knife.

Sourdough crepes with camas and lox

Sourdough crepes:

½ cup sourdough starter
4 eggs, beaten
¾ cup milk

Mix batter well, it should flow smoothly off of a spoon. Heat a small (6-8 inch) non-stick pan over medium heat. Use a stick of butter to grease well (rub the end of the stick around the surface of the hot pan). Spoon in 2-3 T of batter, and quickly swirl the pan to spread (lift the pan off of the heat, and tilt until the batter evenly covers the surface). Let cook until the edges dry and start to lift from the pan (a few minutes), lift the edge gently with a spatula and flip, cook about 1 minute more. Stack crepes on a plate until all are cooked. Crepes keep well in the fridge and will not stick to one another.

To serve, add add a slice of camas and a small piece of lox to each crepe, and fold in quarters. For full size crepes use a 10-12 inch pan, 1/3 cup batter and more camas and lox.

Camas ice cream II

2 2/3 cup milk
1 ½ cup cream
1 T +2t tapioca starch or cornstarch
2 oz cream cheese
¾-1 cup camas puree
½ cup honey
pinch salt

Mix camas puree, honey, cream cheese, salt
Mix tapioca starch and 2T milk (from total)
Simmer milk and cream 4 minutes
Add milk starch mix, simmer stirring 2 minutes more
Sieve into camas mix (mixing a little at a time to avoid lumps)
Puree all in food processor
Sieve into storage container, chill before freezing in an ice cream maker.

Coconut camas ice cream:

4 1/6 cup coconut milk
1T +2t tapioca starch or cornstarch
3/4-1 cup camas puree
1/2 cup honey (or 1/2 sugar for vegan, mix sugar into coconut milk rather than camas)
pinch salt

Mix camas puree, honey, salt
Mix tapioca starch with a little coconut milk
Mix starch mix and coconut milk over medium heat and simmer until thickened
Mix into camas and honey
Sieve into a container and chill before freezing in an ice cream maker.

Savory camas challah mini bread puddings

1 1/2 cups chopped cooked camas
5 1/2 cups challah cubed
1/2 an onion (about 1/2 cup)
3 eggs
1 1/2 cups cream
1 clove garlic

Mix all ingredients, let sit for 10 minutes or so for bread to soak up the cream and eggs. Spoon into paper-lined mini muffin tin cups. Bake at 375F for 15 minutes.

Polpettine of duck, with camas

4 duck breasts
2 chicken thighs (deboned)
1 cup reconstituted dry chopped camas
1/2-cup bacon or other pig fat
Two chicken or duck eggs
Oregano
Rosemary
Dijon mustard
Dry red chili
Salt

Finely mince the poultry, then mix thoroughly with the camas, fat, eggs, and seasonings. Chill overnight before scooping into small meatballs, dressing with a splash of balsamic vinegar, and baking on a tray for 15 minutes at 350 degrees. Can be enjoyed warm or cold with pan juices, a Hollandaise sauce, or a touch of maple syrup and sprigs of mint.

Camas cupcakes:

¼ cup powdered dried camas

½ sugar

½ cup neutral oil (canola, safflower, etc.)

2 eggs

1 1/3 cup flour

½ t BP

½ t BS

½ t salt

Cover camas powder with boiling water and stir to make approx ½ cup

Add sugar and oil

Mix in eggs one at a time

Mix flour with BP, BS, and salt

Add flour mix in two batches stirring just until combined each time

Fill papered muffin tins with batter and bake at 350F for 20 minutes

Frost with salal buttercream: 1t powdered salal to 1 cup buttercream.