

# The New Wildcrafted Cuisine: Exploring the Exotic Gastronomy of Local Terroir

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## With detailed recipes for ferments, infusions, spices, and other preparations

Wild foods are increasingly popular, as evidenced by the number of new books about identifying plants and foraging ingredients, as well as those written by chefs about culinary creations that incorporate wild ingredients (Noma, Faviken, Quay, Manreza, et al.). The New Wildcrafted Cuisine, however, goes well beyond both of these genres to deeply explore the flavors of local terroir, combining the research and knowledge of plants and landscape that chefs often lack with the fascinating and innovative techniques of a master food preserver and self-described "culinary alchemist."

Author Pascal Baudar views his home terrain of southern California (mountain, desert, chaparral, and seashore) as a culinary playground, full of wild plants and other edible and delicious foods (even insects) that once were gathered and used by native peoples but that have only recently begun to be re-explored and appreciated.

For instance, he uses various barks to make smoked vinegars, and combines ants, plants, and insect sugar to brew primitive beers. Stems of aromatic plants are used to make skewers. Selected rocks become grinding stones, griddles, or plates. Even fallen leaves and other natural materials from the forest floor can be utilized to impart a truly local flavor to meats and vegetables, one that captures and expresses the essence of season and place.

This beautifully photographed book offers up dozens of creative recipes and instructions for preparing a pantry full of preserved foods, including Pickled Acorns, White Sage-Lime Cider, Wild Kimchi Spice, Currant Capers, Infused Salts with Wild Herbs, Pine Needles Vinegar, and many more. And though the author's own palette of wild foods are mostly common to southern California, readers everywhere can apply Baudar's deep foraging wisdom and experience to explore their own bioregions and find an astonishing array of plants and other materials that can be used in their own kitchens.

The New Wildcrafted Cuisine is an extraordinary book by a passionate and committed student of nature, one that will inspire both chefs and adventurous eaters to get creative with their own local landscapes.

Pascal Baudar is the author of *The Wildcrafting Brewer* and *The New Wildcrafted Cuisine*. A wild food researcher and instructor in traditional food preservation techniques, he has introduced thousands of home cooks, local chefs, and foodies to the flavors offered by their wild landscapes. In 2014, Baudar was named one of the most influential local tastemakers by Los Angeles Magazine.

Publishers Weekly-

"Baudar, a self-described 'professional forager' whose ingredients and preserves have been used by such chefs as Ludo Lefebvre and Top Chef winner Michael Voltaggio, shows how to transform barks into vinegars, insect sugar into beer, and rocks into plates, among other things, in this avid guide to field-and-table cooking. While most of the recipes center on fauna found in Southern California, aspiring survivalists anywhere will likely appreciate Baudar's deep commitment to the practice. Pickled acorns, anyone? Dirt index: Swimming in the primordial ooze."

"Pascal's book contains some of the most unique and innovative ideas that you'll ever find for using wild flavors. Clear instructions accompany each recipe, along with striking photos of the ingredients and finished products."

--Samuel Thayer, author of *The Forager's Harvest and Nature's Garden*

"As a Southern California native, I grew up with the terroir that I eventually would incorporate into my cuisine at Girasol. Pascal was my spark. The first day Pascal walked through our back kitchen door with a cornucopia of foraged California wild plants and 'Old World' recipe vinegars and beers, I knew I had found my voice. Pascal's seemingly infinite knowledge and passion for what grows in the desert region we live in has truly inspired me. This book is one of a kind, a walk off the beaten trail and an exploration of true wild flavors. Chefs who truly care about finding new ways of expression and commitment to 'time and place' cooking will undoubtedly be captivated by it."

--CJ Jacobson, executive chef, Girasol restaurant, and winner of Top Chef Duels

"Visually stunning, *The New Wildcrafted Cuisine* is incredibly impressive, a tour de force, a masterpiece. At long last, an author has truly captured the power and sophistication that wild foods can impart to both our diets and our lives."

--Stephen Harrod Buhner, author of *The Lost Language of Plants and Sacred and Herbal Healing Beers*

"The New Wildcrafted Cuisine takes wild foraging to a gourmet level of creativity. I am delighted by Pascal's ingenuity of wild combinations and impressed by his experience demonstrating the vast potential of culinary artistry. Pascal clearly articulates the procedures and details of transforming wild ingredients into practical recipes, thereby making the gifts of nature more accessible to us all."

--Katrina Blair, author of *The Wild Wisdom of Weeds*

"This gorgeous book will make you salivate and dream. Pascal Baudar is exploring important culinary terrain in his coastal California bioregion, incorporating the incredible diversity he forages into a broad array of foods and drinks in exciting, elegant, and clever ways. Beyond the particulars of what he can harvest there-some which you or I might find where we live, but much of which is very different-it is his methods, ideas, and aesthetics, all of which can be applied much more broadly, that are truly inspirational."

--Sandor Ellix Katz, author of *The Art of Fermentation and Wild Fermentation*

#### Other Books

Comer Como Um Humano, Bill Schindler era um dos miúdos obesos da escola. Tornou-se atleta, emagreceu, pensou que tinha deixado o passado para trás. Mas assim que abandonou a competição engordou outra vez, a ponto de adoecer. Só percebeu porquê muitos anos depois, quando começou a investigar melhor o que comia - e como o fazia. Formado em Arqueologia, percorreu meio mundo a investigar os modos ancestrais de sobrevivência, ao serviço do National Geographic e do canal de YouTube da revista Wired. Na savana do Quénia, na selva tailandesa ou nas estepes da Mongólia, fez um pouco de tudo: desde beber sangue fresco de vaca com a tribo dos Masai a caçar castores nas águas geladas do Ártico. As suas investigações levaram-no a concluir que para se ser saudável e perder peso não é preciso passar fome nem contar calorias. A chave é antes Comer Como Um Humano. Ou seja, encontrar alimentos com a maior densidade nutricional possível e prepará-los para uma ingestão segura e substancial. Milhares de anos de evolução levaram o ser humano a perceber o que lhe fazia bem e o que lhe era prejudicial. E é esse saber ancestral que o Dr. Schindler recupera neste livro, onde encontraremos o relato das suas aventuras (muitas delas vividas com a mulher e filhos), a ciência da nutrição e mais de 75 receitas. Vai ficar surpreendido quando perceber que, da cerveja à piza, há todo um mundo de prazeres gastronómicos que pode mudar radicalmente a sua vida.

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