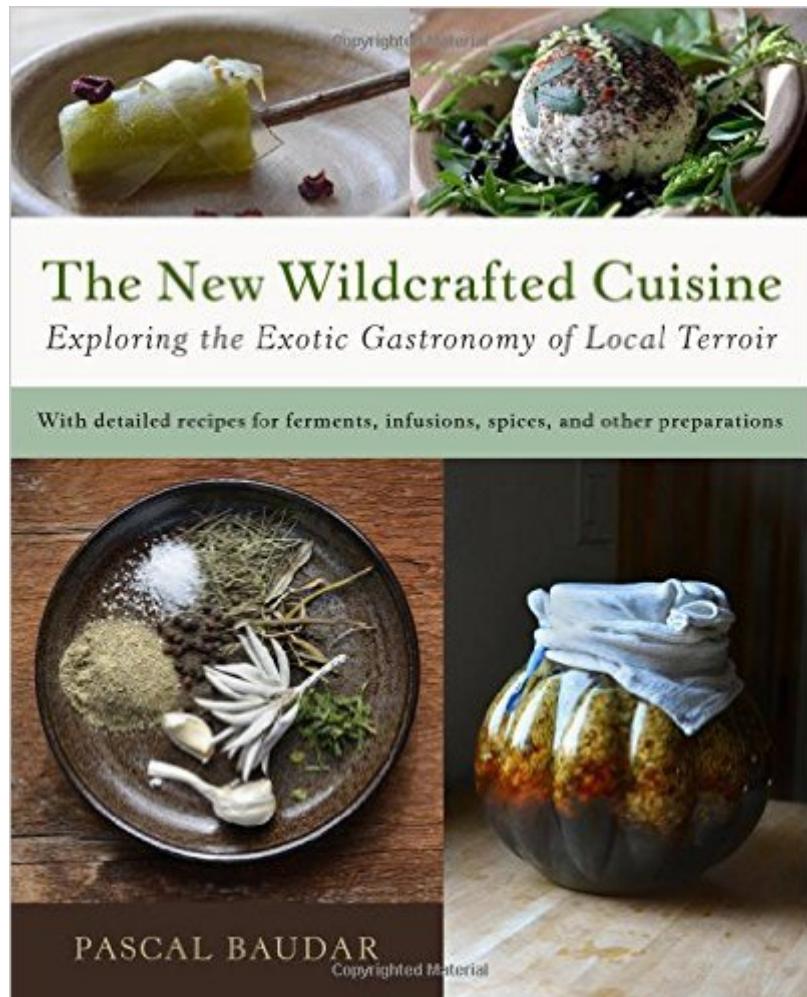


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# The New Wildcrafted Cuisine: Exploring The Exotic Gastronomy Of Local Terroir



## Synopsis

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 à œculinary 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 authorâ™s own palette of wild foods are mostly common to southern California, readers everywhere can apply Baudarâ™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.

## Book Information

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## Customer Reviews

The anti-foraging viewpoint is based on the belief that foraging can strip ecosystems of important foods for wildlife. One can extrapolate that this viewpoint is meant to protect and preserve the environment. In my review, I would like to address whether the negative reviews of others based solely on an anti-foraging viewpoint are warranted, and, as a larger point, to discuss whether this viewpoint, expressed by negatively reviewing this book solely based on its overall topic, helps or harms the environment. I have thoroughly read every page of this book, shared it with my children, and made several recipes, some many times. I believe that environmentally conscious people should support this book because: 1. The author dedicates a section to foraging responsibly. He writes about his sadness at seeing denuded plants after restaurant suppliers have unethically sourced an ingredient. He encourages readers to consider the impact before foraging. 2. Many of the negative reviews encourage people to plant gardens rather than forage. The author writes that he plants his favorite food sources, and he encourages readers to do the same. 3. Foraging leads to an increased desire to protect the environment because humans are primed to enjoy 'hunting' in changing environments and they create strong memories based on food. 4. Once you get hooked on wild plants, you'll want to create space for them everywhere. Suddenly it's perfectly logical to want to rip out your water-hogging grass lawn and replace it with wild mint. 5. Some ideas in this book have no impact on animal life. For example, I learned to make my own sea salt. I like the taste so much I doubt I'll ever buy salt again.

Although *The New Wildcrafted Cuisine* is an exceptionally beautiful presentation of an exploration into the natural world for unique culinary delights, it is also a primary account of one's creative interrelationship with the plants of one's bioregion. This work goes beyond any previous wild plant foraging guide or wild food cookbook not only as a 'next step', but by leaps and bounds. The spirit of this book is conveyed through its unique interpretations of the author's local flora creating through the ancient principles of food alchemy and preservation and an intimacy developed with Place. As a

bioregional herbalist and forager, I feel this is not only essential to deeper understanding of plants, but is inevitable in our return to the "Eden" of our home landscape. Further, I feel that one cannot begin to comprehend "stewardship" of the landscape short of participating in it. What I call the "Museumification" of our landscape in which people presumably "Leave No Trace" (how is that physically possible? It simply is not) and view Nature from afar essentially prevents us from fully participating in the life around us in a way that cannot be conveyed through words, guidebooks, or university courses. I can see that the work behind this creation brought the author in direct contact with Nature and it evidently made an indelible mark on him and his life's work. Responsible action is assured for all those who develop intimate relationship with their homeland. Allowing for mistakes, we must each follow our calling down this path and bring this enhanced awareness back to our community through our work.

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