

Resources Used

- ❖ Feeding 7 Generations, A Salish Cookbook
- ❖ Tend, Gather and Grow Curriculum by Elise Krohn
- ❖ The Huckleberry Book by Asta Bowen

Thank you for joining the LR Indian Education Program
for our “Be My Huckleberry” Valentine Family
Engagement Night. We hope you enjoy these recipes

~ February 2024 ~

Be My Huckleberry



Huckleberry Recipe Book

Huckleberry Smoothie

In a blender place:

1 banana

1 cup frozen huckleberries

½ cup yogurt (Optional)

¼ to ½ teaspoon cinnamon

A few drops of vanilla extract.

Preparation:

Blend until smooth and pour in glasses. Serves two.

(Pour smoothie into molds to make huckleberry popsicles)



Fruit Leather

Ingredients

3 quarts of berries, cleaned

2-4 tablespoons honey

3 tablespoons lemon juice

Preparation:

Place all ingredients in a blender and blend well. Fit parchment paper over a cookie sheet with sides. Pour blended berries onto the sheet and use spatula to smooth to an even consistency of about a quarter inch. Place in the oven (or food dehydrator) on the lowest temperature (usually about 170). If you are using the oven, leave the door cracked so that water can evaporate off the berries.

When the fruit leather is mostly dry (6-8 hours), place another piece of wax paper over the top and flip it over. Carefully peel off the wax paper and continue drying. Continue drying as needed, store in plastic bags for up to a year.



Huckleberry Muffins

**Two great secrets for making muffins with wild berries:
flour the berries and don't overmix the batter.**

Ingredients

- 2 cup flour**
- 2 tablespoons sugar**
- ½ teaspoon salt**
- 2 teaspoon baking powder**
- 1 scant teaspoon baking soda**
- 1 cup drained but damp huckleberries**
- 1 egg, slightly beaten**
- 2 tablespoon melted butter**
- ¾ cup buttermilk**

Preparation:

Sift dry ingredients together in a round-bottomed bowl.

**Stirring from edge to center, add huckleberries to dry ingredients.
Stir gently until they are all separated and coated with flour.**

**Add together the egg, butter and buttermilk. Then add them into
the dry mixture. Stir just enough to dampen all ingredients. The
mixture will be thick, more like sticky dough than batter.**

**Use an ice cream dipper or tablespoon and fill greased muffin tins
half full. Bake at 400 for about 18 minutes. Makes about 1 ½ dozen
muffins.**



Huckleberry Waffles

Ingredients

2 eggs

2 cups buttermilk

2 cups flour

2 teaspoons baking powder

1 teaspoon baking soda

½ teaspoon salt

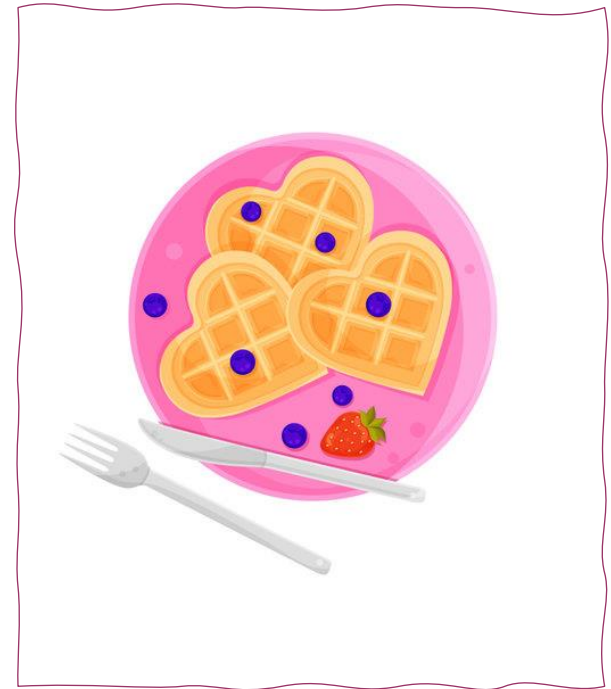
¼ cup, plus 2 tablespoon shortening

1 cup huckleberries

Preparations:

Heat waffle iron. Beat eggs, beat in remaining ingredients (minus huckleberries) until smooth. Pour batter onto center of hot waffle iron. Sprinkle 2 tablespoons of huckleberries over batter for each waffle as soon as it has been poured onto iron. Bake about 5 minutes or until steaming stops.

Remove waffle carefully. Makes about eight 7-inch waffles.



Huckleberry Cream Pie

Ingredients

¾ cup sugar

2 ½ tablespoons cornstarch

½ teaspoon salt

⅔ cup water

1 cup huckleberries

2 tablespoons butter

2 cup huckleberries

1 cup cream, sweetened and with vanilla

Graham cracker crust

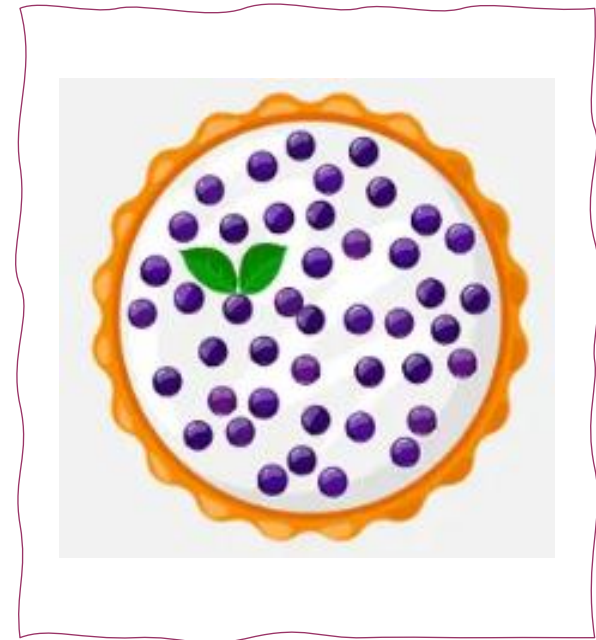
Preparations:

Combine sugar, cornstarch, salt, water, 1 cup berries into a saucepan. Bring to a boil and cook until thick and clear.

Add butter. Cool this mixture.

Fold in 2 cups huckleberries. Cool for one hour.

Beat cream and put half of it on the pie crust. Pour on filling and top with remaining cream. Chill until firm. The bottom cream layer in this pie keeps the berry juice from soaking the crust.



Wild Berry Crisp

Ingredients

Filling:

6-8 cups Huckleberries

½ cup of sugar (or honey, maple syrup, as sweetener)

2 tablespoons cornstarch or ¼ cup all-purpose flour

1 teaspoon of lemon zest or two teaspoons of lemon juice

Topping:

½ cup all-purpose flour

1 ½ cup rolled oats

½ cup chopped walnuts

½ cup chopped hazelnuts

2 tablespoons butter

½ cup honey

1/8 teaspoon sea salt

½ teaspoon cinnamon

Preparation:

Preheat oven to 375 degrees. Mix the filling ingredients and spread evenly in a 9 x 12-inch baking pan.

Roast flour, oats and chopped nuts by stirring them in a dry skillet over medium heat until they are heated through and are just beginning to brown. Remove from heat and place in a bowl. Heat butter and honey, then pour over the dry mix. Add salt and cinnamon. Mix well and drop evenly over the berries. Bake for 30-40 minutes or until the berries bubble and the topping is crisp.

