

National Parks Cookbook

RECIPES INSPIRED BY OUR
NATION'S TREASURES

STEPHANIE BEEBE

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To Brian, my constant encourager who makes me believe I can do everything. Here's to all our future adventures.

—SB



“FOR THE BENEFIT AND ENJOYMENT OF THE PEOPLE”
—ROOSEVELT ARCH, YELLOWSTONE



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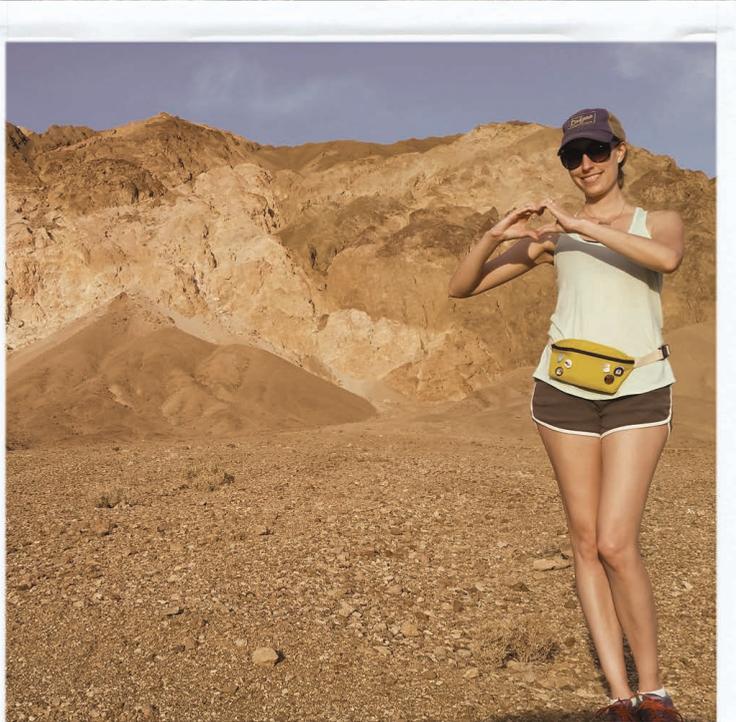
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Death Valley

Introduction

My love for the National Park Service started on my 30th birthday. One month before we were married, my husband (then fiancé) and I drove on a two week adventure in which we took in as many sights as possible between Los Angeles and South Dakota. We stopped along the way at National Monuments such as Grand Canyon, the ruins at Wupatki and Montezuma's Castle, not to mention Mount Rushmore and Yellowstone National Park. We have since visited several more parks and monuments, and plan to see all the rest throughout our lives.

The recipes in this book showcase a popular local ingredient found in or around the parks. Each recipe begins with an introduction to the park, the featured local ingredient, and a little about the park's lodges where they feature this ingredient in their dining rooms. I hope the recipes and park photos will inspire people to visit these wondrous places in our own backyard that are a part of our history and who we are as a people.

AMERICA'S BEST IDEA



Crater Lake

NATIONAL PARK

Wizard Island, a volcanic cinder cone, sits at the west end of Crater Lake. To access the island, depart from Cleetwood Cove on one of the lake's public boat tours.



MIRROR OF HEAVEN

It can be difficult to imagine that this tranquil mirror, or Crater Lake, lies where Mount Mazama, a steep composite volcano, once stood. Almost 8,000 years ago, the formidable volcano erupted with tremendous force. Mount Mazama also collapsed within itself to reveal a profound caldera, filled over time with rain and snowmelt. Today, Crater Lake has a maximum depth of approximately 1,949 feet, making it the deepest lake in the U.S. The lake is renowned for its intensely blue, pure water. Established May 22, 1902 by President Theodore Roosevelt, it is the country's fifth-oldest national park.

A Crater Lake Lodge featured ingredient near and dear to the heart of Oregon is the marionberry. One of the reasons it's so beloved is that it is entirely a product of Oregon. A cross between Chehalem and Olallie blackberries, the marionberry was bred at Oregon State University through a berry-developing partnership with the USDA dating back to the early 1900s. Within the state, you'll find marionberry pie, ice cream, liquor, beer, jams, and anything else you can put a berry on!

Overlooking the lake's rim, Crater Lake Lodge offers an atmosphere reminiscent of the 1920s and immerses visitors in its rustic charm.



Marionberries are too soft to ship. They are mostly consumed within the state of Oregon, which has created a local love for them.



Crater Lake

OREGON

MARIONBERRY Gin & Jam Cocktail

Ice

1 oz gin

½ oz elderflower liquor

½ Tbsp marionberry jam

Squeeze of lemon

5-6 Fresh rosemary leaves

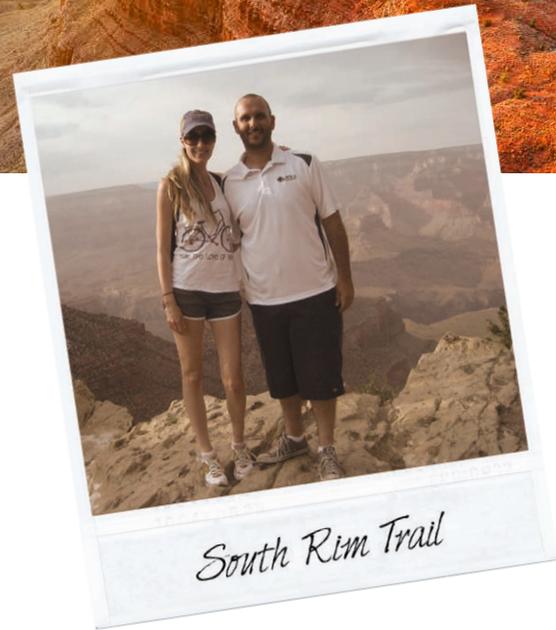
4 oz club soda

Rosemary sprig for garnish

Our favorite thing to do at Crater Lake was to enjoy a light dinner with drinks from the Lodge's patio rocking chairs. After a day-long trek to Wizard Island, a marionberry cocktail and a Crater Lake sunset were just what we needed!

IN A SHAKER, add ice, gin, elderflower liquor, jam, lemon, and rosemary leaves. Shake vigorously to combine.

STRAIN INTO A CHILLED GLASS and top with club soda. Add a sprig of rosemary for garnish.



Grand Canyon

NATIONAL PARK

Many of the Canyon's colors are due to the presence of small amounts of iron oxides and other minerals that are either in the rock itself or stain the surface and mask the true color of the rock.



MAN CAN ONLY MAR IT

One of the natural wonders of the world, a World Heritage site, an archetypal national park—the Grand Canyon is one of the most famous, most admired, and most photographed places on Earth. It's also one of the most visited, with nearly five million people arriving annually to enjoy its awesome spectacle. Many of those visitors simply stand at overlooks along the South Rim and gaze down into a canyon that is 18 miles across at its widest and whose floor is 4,800 feet below the rim, exposing rocks almost two billion years old. Some people hike down into the canyon, ride the park's famed mules, or take raft trips along the Colorado River.

Tepary beans have made their way onto Grand Canyon lodge menus. They were a major food staple of the Pima Indian tribes and were grown alongside squash and corn in a method called Three Sisters Agriculture. The beans climbed up the corn stock eliminating the need for poles and the squash provided ground cover to keep weeds down. This is depicted on the reverse side of the 2009 Sacagawea U.S. dollar coin.

Located on the rim of the Grand Canyon, El Tovar lodge is widely considered the crown jewel of historic National Park lodges.



Tepary beans grow well in the Southwest because they are drought-tolerant.



Grand Canyon

ARIZONA

TEPARY Bean Dip

1½ c dried tepary beans
3 Tbsp extra virgin olive oil
1 tsp lemon zest
2 to 3 Tbsp lemon juice
3 cloves of garlic, minced
1 tsp ground cumin
½ tsp ground Mexican oregano
2 to 3 chiltepin chiles
1½ tsp sea salt

GARNISH (OPTIONAL)

1 Tbsp extra virgin olive oil
Cilantro sprig

El Tovar Hotel serves their own Navajo-inspired version of this light and healthy appetizer. What's better than southwestern cuisine with a view of one of the Seven Natural Wonders of the World?

PICK THROUGH THE BEANS and remove any sticks or debris. Rinse well and drain. Place in a saucepan and cover with at least 4 inches of water.

BRING TO A BOIL and then reduce to a simmer. Cook until tender but not mushy, about 1½ hours, adding more liquid as necessary to keep covered. Drain, reserving the cooking liquid.

PLACE the beans in a food processor. Pour in ¾ to 1 cup of reserved cooking liquid (or water) and process until chunky. Add more cooking liquid or water if necessary to get a thick,

dip-like consistency. Add the remaining ingredients and blend until mostly smooth, scraping down the sides of the bowl once or twice. Taste and add more salt or lemon juice if desired.

TRANSFER to a bowl. May be made up to two days prior to serving. Store covered, in the fridge.

TO SERVE, garnish with a drizzle of olive oil and top with a sprig of cilantro. Serve with sliced vegetables, crackers, or tortilla chips.



Death Valley

NATIONAL PARK

Did you know that several parts of Death Valley were used by George Lucas as filming locations for the original Star Wars? The park provided much of the setting for the fictional planet Tatooine.



HOTTEST, DRIEST, LOWEST

Among the world's most famous geographic names, Death Valley evokes many different emotions. For some people, it seems a forbidding and even dangerous place, lacking appeal as a destination. Others are attracted by the challenge of its legendary heat, its vast empty spaces, and its parched landscape. "Hottest, driest, lowest" is a common description of Death Valley. In July 1913 a temperature of 134°F was registered at the site now called Furnace Creek Ranch. This was the hottest temperature ever recorded on Earth at the time. At Badwater Basin, you can visit the lowest spot in North America at 282 feet below sea level. Perhaps the most famous site in Death Valley is Scottys Castle, a Mediterranean-style mansion built in 1922. Reserve a ticket to tour the property and learn about the mystery of this castle.

In the United States, prickly pears are native to many areas of the arid Western United States. Their fruit is edible, although it must be peeled carefully to remove the small spines on the outer skin before consumption. The use of prickly pear in Death Valley area restaurants is common, especially in cocktails.

An elegant hideaway since 1927, The Inn at Death Valley is a four-diamond resort that still pampers every guest. In this remote heart of the park, you can enjoy a spring-fed pool, fine dining, and cool drinks from Stargazers Deck.



Prickly pears are often used to make candy, jelly, or drinks.



Death Valley

CALIFORNIA - NEVADA

PRICKLY PEAR Salad with Mint

4 prickly pears
½ c pomegranate juice
1 Tbsp honey
**½ tsp freshly squeezed
lime juice**
Fresh mint leaves

We stumbled across The Inn one night hoping for dinner. Completely unaware of how upscale it was, we were almost turned away for being underdressed! Luckily we got to enjoy a prickly pear salad with a view of the Milky Way just outside the window.

TO PEEL the prickly pears, first slice off both ends and discard them. Make one long vertical slice down the body of the prickly pear. Slip your finger into the slice and grab ahold of the skin. Begin to peel back the thick, fleshy skin that's wrapped around the prickly pear. Discard the skin.

SLICE the peeled prickly pears and place them in a bowl.

IN A SMALL SAUCEPAN mix the pomegranate juice, honey, and lime juice. Cook over medium-low heat until reduced to a syrup.

POUR the syrup over the prickly pears. Leave for 15 minutes in the refrigerator.

TRANSFER the prickly pears to a serving plate. Garnish with the fresh mint.



Yellowstone NATIONAL PARK

Castle Geyser, a cone geyser in the Upper Geyser Basin of Yellowstone, erupts hot water and steam in front of a view of the Milky Way.



WORLD'S FIRST NATIONAL PARK

The iconic image of Old Faithful geyser comes to mind when most people think of Yellowstone National Park, and with good reason. Not only is it one of the most spectacular sights and most popular attractions in America's parks, but it also nicely symbolizes an amazing fact: Yellowstone's 10,000-plus hydrothermal features include more than 300 active geysers, about half of the world's total. Yet there is much more in Yellowstone than spouting geysers, steaming thermal pools, and burbling mud pots. The park ranks among the continent's greatest areas for wildlife-watching, from songbirds to huge bull bison. In recognition of its geologic features, beauty, and wildlife, Yellowstone was designated as the world's first national park in 1872.

Around Yellowstone, the national mammal is local cuisine. The bison found on menus here are farm-raised and not the same bison found strolling the parks. It's a breakfast, lunch, and dinner protein that visitors clamor for. While it's offered in abundance here, Bison is still considered a specialty item nationwide.

The Lake Yellowstone Hotel stands majestically on the shore of Yellowstone Lake. The classic white columns accent the yellow exterior, a vision that stands apart from the surrounding forest and meadows.



Before you dismiss the idea of trying bison, did you know it's less fattening than beef? It's also served at all of the Yellowstone restaurants.



Yellowstone

WYOMING - MONTANA - IDAHO

BISON Tamale Pie

1 small **onion**, chopped
1 **red or green pepper**,
chopped
1 stalk **celery**, chopped
1 clove **garlic**
¼ c **sherry wine**
1 lb ground **bison**
salt and pepper
1 Tbsp **cumin seeds**
paprika and oregano
2 Tbsp **tomato paste**
1 c of **corn**
½ c **lowfat cottage cheese**
¾ c **buttermilk**
1 **egg**
1 tsp **baking powder**
1 Tbsp **honey**
1 c **corn flour**, stone ground
4 oz diced **chilies**

This fragrant, savory pie takes me back to a stormy night at the Old Faithful Inn's Dining Room. We tried bison for the first time as we watched lightning dance across the sky through the dripping wet windows. Quite a show for these southern Californians!

PREHEAT OVEN to 400° F.

SAUTE onion, garlic, pepper, celery, and cumin seeds in a large skillet coated with cooking spray. Cook until veggies are soft, then add ground bison, salt, pepper, paprika and oregano (to taste) and sherry wine. Cook bison until browned, but be careful not to overcook. Turn heat off, then add tomato paste, cottage cheese, and corn. Mix well and set aside.

IN A MEDIUM BOWL, beat egg, buttermilk, honey, and baking powder together. Add corn flour and chilies and stir to combine.

SPRAY a 13x9x2 in baking pan with cooking spray. Spread bison mixture evenly in pan. Then spread corn flour mixture evenly on top of bison mixture.

BAKE AT 400° F until bubbly, about 20 minutes. Serve immediately.



Glacier

NATIONAL PARK

A valley view from the iconic Going-to-the-Sun Road. In the distance lies Bird Woman Falls, which sits between Mount Oberlin and Mount Cannon on the west side of Glacier National Park.



THE CROWN OF THE CONTINENT

Established in 1910 as America's tenth national park, Glacier encompasses more than a million acres of some of the most dramatic terrain in North America. The park is a wonderland of treeless mountain summits, alpine meadows, coniferous forests, more than 650 lakes, and dozens of waterfalls, all making up what John Muir called "the best care-killing scenery on the continent". The park's 50 mile Going-to-the-Sun Road crosses the Continental Divide at Logan Pass. Finished in 1932, the road is a National Civil Engineering Landmark, a National Historic Landmark, and is on the National Register of Historic Places — the first to become all three. With sights like Haystack Creek, The Weeping Wall, and The Triple Arches, for many visitors, Going-to-the-Sun Road is the destination.

The wild blue huckleberry grows on both sides of the Continental Divide in late summer, making it popular in and around Glacier National Park. Its tart flavor is appreciated by humans and grizzly bears alike. Visitors to Glacier can pick one quart of huckleberries per person per day.

At the Many Glacier Hotel on Swiftcurrent Lake, you can enjoy Huckleberry treats like cobbler and even a martini.



Don't confuse huckleberries for blueberries! This prized Montana wild fruit is taken very seriously by its many fans.



Glacier

MONTANA

HUCKLEBERRY Tart à la Mode

CRUST

1 c flour

2 Tbsp sugar

½ c chilled butter cut into
small chunks

1 Tbsp milk

FILLING

4 c huckleberries,
reserving 2 cups to place
on top of the baked tart

½ c sugar

2 Tbsp flour

½ tsp cinnamon

pinch of salt

OPTIONAL

Vanilla ice cream
for serving

This juicy dessert reminds me of sitting in the Ptarmigan Dining Room at the historic Many Glacier Hotel. After a eating a cozy meal with a view of Swiftcurrent Lake and Mount Grinnell, a huckleberry tart is quite the sweet treat.

FOR THE CRUST, combine all ingredients in the bowl of a food processor and pulse until they come together in a ball. Wrap in plastic and refrigerate for 10 minutes while you prepare the filling.

TO MAKE THE FILLING, use a large bowl to gently toss all the ingredients together until combined. Set aside.

BEGIN ASSEMBLY BY preheating the oven to 400°. Line the bottom of a 9" springform pan with a sheet of parchment paper and coat the sides of the pan lightly with butter to prevent sticking. Remove the chilled

crust dough from the refrigerator. Working with your fingers, press the dough into the bottom of the pan and up the side approximately 1" high. Pour huckleberry filling over the crust and bake for 40 minutes on the center rack of the oven.

REMOVE and immediately pour the remaining fresh huckleberries over the top of the baked tart. The warmth from the filling underneath will partially cook these berries. Allow to cool. Remove the springform pan and transfer to a serving plate. Slice and garnish with vanilla ice cream.

Recipes inspired by our nation's treasures

Everyone has favorite travel memories. Mine come from my adventures in the lands of the National Park Service. The NPS includes 412 sites covering 84 million acres in every state, Washington DC, and several territories. What's your park?

I was inspired by my trips to National Park lodges to create this cookbook. From the huckleberries of Glacier to the bison of Yellowstone, each recipe showcases a local ingredient popular in and around the parks. With National Parks Cookbook, you can reminisce about your park while making juicy desserts and savory entrées. Hopefully you'll be inspired to visit a park you haven't seen and make some new memories.

"By using parks' local ingredients, Stephanie brings you a taste of Americana with **National Parks Cookbook**."

—**Guy Patterson** *Los Angeles Times*

"Learn a little history while you cook. Connect with our nation's heritage through **National Parks Cookbook**."

—**Kelly Morris** *National Park Service*

"I was inspired to visit Glacier National Park after reading **National Parks Cookbook**. Try the huckleberry cobbler!"

—**Kathryn Janeway** *New York Times*



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Glacier National Park

Stephanie Beebe is a graphic designer and elementary school teacher from southern California. She enjoys traveling with her husband, Brian, as they try to see as many national treasures as possible.