

# Kalapuya Tart



## Kalapuya Tart

Provided by David Harrelson (Kalapuya)

A modern adaptation of Willamette Valley ancestral flavors. The Kalapuya Tart can be made with any kind of berries but for this recipe and general accessibility, blueberries will be used. You can use red huckleberries, blue huckleberries, salal, thimbleberries, service berries, strawberries, raspberries, blackberries and many more. What makes this tart unique from other berry tarts is that a half cup of crushed tarweed seeds (substitution- sunflower seeds) is used in place of a half cup of flour in what is a 3:1 ratio of flour : tarweed (sunflower) seeds.

You will not be able to find tarweed seeds a.k.a Sappolil or Atuk at a supermarket or specialty store. This is a native plant that is a relative of the sunflower managed in plots by the Kalapuya for its nutritious and oil rich seeds. The only way to get the seeds is to harvest them yourself or barter and trade with someone who has committed to making this traditional food a part of their lives. Hulled sunflower seeds impart nearly the same flavor without the fibrous husk of Tarweed seeds.

It is best to use frozen berries when making this recipe because the freezing process changes the skins of the berries and makes it easier to drain the juices, preventing a soggy tart. During berry season, we often think about how to use all the fresh berries but for those of us that gather and stock our freezers each year, berry season generally means it is time to clear out the freezer for new berries. So in the spirit of clearing out the freezer to make room for ongoing cultural practice here is a recipe to share. [#pdxfoodfriday](#) [#nativefoods](#) [#pdxfood](#) [#willamettevalley](#) [#oregon](#) [#grandronde](#) [#food](#) [#recipies](#) [#chachalu](#) [#chachalumuseum](#)

# RECIPE

## SUPPLIES |

muffin tin and  
cupcake papers

## INGREDIENTS |

### Berry filling

4 cups frozen berries  
4 tablespoons of sugar  
1 teaspoon lemon zest  
2 teaspoons lemon juice

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### Tart crust

1 ½ cups all-purpose flour  
½ cup crushed Tarweed seeds (substitute sunflower seeds)  
If using unsalted seeds, add a ¼ teaspoon salt  
½ cup sugar  
1 Teaspoon baking powder  
14 Tablespoons unsalted and chilled butter  
½ Teaspoon vanilla extract

Thaw four cups of frozen berries in a strainer over a bowl. Once defrosted (a few hours/overnight) press down on the berries gently to encourage further draining. Set the juice aside and use for another purpose. You can make a berry whip cream or thicken and use on waffles or pancakes. Mix thawed and drained berries in a bowl with 4 tablespoons sugar, 1 teaspoon lemon zest, and 2 teaspoons lemon juice. Let sit for at least 15 minutes.

Preheat the oven to 400 degrees Fahrenheit. Place cupcake liners in a muffin tin.

Mix all dry ingredients together. Add the butter and use a dough cutter to incorporate the butter, when the butter pieces are smaller than blueberry size switch to working with your hands. At this point add the vanilla and work the dough until it can be formed into a ball the size of a walnut. Using a spoon fill the cupcake liners close to full with loose pastry mix. Starting in the middle of each press down and work your way out to the edge creating a cup shape where berries will go. Fill the tarts with the berry mix that has been soaking in the sugar and lemon juice. Be sure to add a little bit of liquid to each tart.

Bake for 17-20 minutes until the edges of the tarts are a light golden brown. Let fully cool before removing the paper wrapping and serving.

# ★ measurements ★



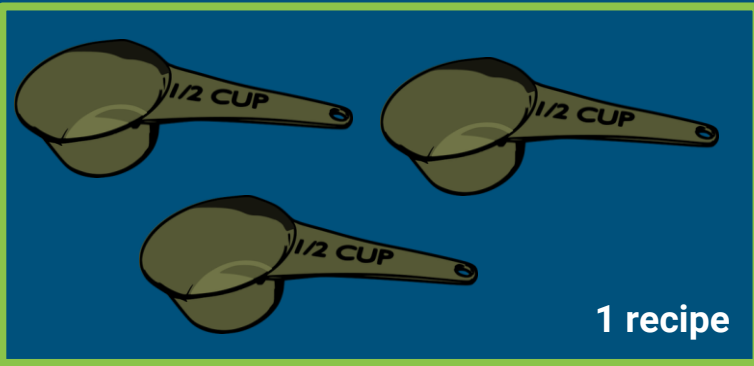
Jolie

#1: If the Kalapuya Tart Recipe makes 12 tarts, how many times will we need to repeat the recipe to feed 24 people?



#2: If we repeat the Kalapuya Tart Recipe 2 times, how much flour will we need?

Remember: One recipe need 1  $\frac{1}{2}$  cups of flour



#3: If the Kalapuya Tart Recipe is made 2 times, will 1 cup of sugar be enough?

Remember: One recipe needs  $\frac{1}{2}$  cup sugar

