

Cooking with Goosetongue



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Produced with support from the
U.S Fish and Wildlife Service,
Kodiak National Wildlife Refuge.



MATERIALS:

Goosetongue leaves
Pan
Knife
Cutting board
Oil or Butter
Seasoning

Goosetongue. Kodiak Area Native Association Collection,
Alutiiq Museum, AM4:550. Photograph by Priscilla Russell

Step One: Collect Goose Tongue

1. Look along sandy shorelines and rocky cliffs at the beach to find goosetongue. It is easily identified by its 5-8 inch long leaves that are noticeably thicker than grass. All of the leaves stem from the root stalk at the ground level.

CAUTION: Do not confuse goosetongue with poison arrow grass. Poison arrow grass has similar leaves that are not thickened and the leaves stem from a central stock.

2. Only harvest goosetongue only harvest from areas that have an abundance. It is best to harvest before seed heads form but this plant is tasty any time if the leaves are still tender.

3. Pluck leaves a few at a time to ensure that the roots are not disturbed.

TIP: If seed heads are formed you can collect those to dry and add to flour for baking.



Step Two: Cooking Goosetongue

1. Wash, dry and chop.
2. Heat pan on medium for 2-3 minutes before adding Butter or cooking oil.
3. After the butter or oil has thoroughly heated and spread evenly in the pan, add clean, dry goosetongue.
4. Allow your greens to cook for 2-4 minutes, stirring gently.
5. When the goosetongue is tender and bright green, add seasoning as desired. Here are some ideas.
 - a. Garlic, vinegar, and soy sauce. (if using fresh garlic, add it to your pan before the goosetongue and cook it for about 30 seconds, constantly stirring).
 - b. Onions or shallots (well-cooked before adding goose tongue)
 - c. Bacon (fully cooked)
 - d. Walnuts (chopped)
 - e. Hard cheese (grate) then topped with lemon before serving.

Once harvested goosetongue will last in a zipper lock bag in the fridge for several days. Gayla recommends eating it immediately once it is cooked. Enjoy!