

# GARLIC MUSTARD (*Alliaria officinalis*) for LUNCH...

Garlic Mustard is native to Europe and introduced in the US in the 1800s, as both a food and medicinal resource. If you think about it, Garlic Mustard is a perfect seed to carry with you to new territories. We know the seeds are viable for seven years or more, we know it grows very quickly, in many different micro-climates and as many spring emergent species, garlic mustard is very high in its nutritional content. As seemingly tough in our environment, garlic mustard becomes a delicate herb or green in the kitchen!

**Beneficial:** A 'short season' tender herb or greens used in soups, salads, pesto and as a garlic or onion substitute for recipes. It is high in Vitamins A & C and antioxidants. Also contains antiseptic properties.

**Edible Seed:** You can harvest these abundant seeds every summer. Use in crackers, breads, dressings, etc.

**Edible Flowers:** Four tiny petals configured like a bit like a cross is typical of the mustard family. The pungent, mildly bitter, garlic-flavored basal leaves (bottom leaves on the stem) are good from late fall to early spring. They taste great to some people, while others find them too bitter unless cooked, or mixed with milder vegetables.

**Edible Roots:** Whitish, fleshy taproots, which taste a bit like horseradish or a strong radish. They're good from late fall to early spring, before the flower stalks appear. Use them like horseradish, grated into vinegar, as a condiment.

Garlic mustard is great raw in salads or large leaves as sandwich greens, mixed with mild greens. It's also good steamed, simmered, or sautéed. Cook no longer than a couple of minutes, or the leaves will become mushy and can become bitter. Often it's best to add the 'greens' at the last minute of cooking to preserve pungent flavors, texture and color. In spring, it's best to mix the herb with other greens as a biennial, the greens are usually a tad bitter and not great to use straight.

**SOOO, IF YOU CAN'T BEAT 'EM, YOU SURE CAN EAT 'EM!!!**

## GARLIC MUSTARD AND FRIENDS GREEN LASAGNA

**GREEN FILLING;** About 2-3 lbs of any of these combinations...

Garlic Mustard, Spinach, Swiss Chard, Beet Greens, Kale squeezed dry  
1 Bermuda LARGE (Purple/Red) Onion, chopped, 1-2 large Carrots, shredded  
Nutritional Yeast, Mint\*, Garlic, Salt and Pepper, to taste

Combine all ingredients until well mixed. This mixture will keep for 2-3 days but better used immediately. \*Mint is an excellent way to balance the bitterness of some greens...

**CHEESE Filling:** 24oz of good Ricotta cheese, handful of good Parmesan, 1 egg, salt-pepper-garlic to taste

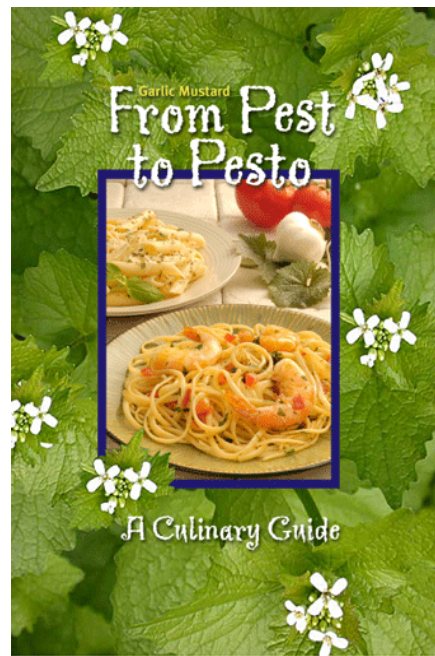
**ROASTED TOMATO SAUCE:** At the height of the summer season, in large roasting pan, add assorted small tomatoes (less moisture), onions, carrots, peppers, zukes cut in large chunks. Barely sprinkle with oil. Roast on the highest temp your oven will go, don't fill to much or you'll steam instead of roast. Takes about 15-20 minutes, turn as needed. Last minute adds (Turn off oven)...garlic, salt, peppers & herbs. Hold pan in still hot oven for 5-10 minutes. Cool and process to desired chunkiness. Freezes well.

In a 9"x13" oiled pan, layer sauce & one cup of water. Top with dry lasagna noodles to cover, adding green filling and another layer of noodles. Add Cheese layer, last layer of noodles and top with remaining sauce. Cover sauce with parchment paper with a cover of aluminum foil which is sealed around the pan's lip. Bake 350 for 30-40 minutes, remove covers (both parchment & foil) and add cheese (mozz, provolone, parmesan, etc.) allowing to lightly brown to desired finish.

## GARLIC MUSTARD GREEN GODDESS DRESSING

3/4 cup Yogurt 1/3 cup Sour Cream or Mayo 1 cup Garlic Mustard leaves  
2 TBS. EACH (packed) Dill, Basil, Green Onion, Mint, Tarragon (any fresh green herb will do...)  
1 tsp Red Wine Vinegar Salt & Pepper, to taste 1/4 tsp Hot Pepper sauce (optional)

Blanch Garlic mustard leaves, to preserve color, and roll in towel to dry. Add all ingredients to blender or food processor and watch this color pop! Good for dipping sauce (veggies & chicken), salads (of course) and nice compliment to potatoes.



## Garlic Mustard - Eat It to Beat It!

- Young tender leaves can be torn up a bit and added to salads.
- Sautee garlic in olive oil or sesame oil or bacon grease; add chopped garlic mustard and other greens if available (garlic chives, spinach, arugula, lambsquarters, mustard greens, what-have-you); a little salt or soy sauce; add a bit of water or stock and cook gently. A dash of vinegar, balsamic or otherwise, may be in order. Taste and decide. This could be spread on toast, added to casseroles, eggs, quiche, stir-fries, etc.
- Garlic mustard pesto: crush garlic, slice up garlic mustard and also garlic chives if available, puree both in food processor with olive oil and walnuts (or pine nuts); add parmesan cheese. Start the water for pasta!
- Cream sauce: heat 1/4 cup oil and add 1/4 cup flour and cook; add hot milk. Separately cook finely chopped garlic mustard in a little sesame oil; and tamari or soy sauce. Add some of the sauce; puree in food processor and add back to the sauce. Add cheese as desired. Good on stuffed grape leaves for one.
- With leftover garlic mustard sauce, add a little yogurt, balsamic vinegar, and tamari and serve as a sauce for steamed asparagus.
- Make a sauce for roast beef. First the roast beef: make a slurry with crushed garlic and Worcestershire sauce, and make little inch slashes on the roast. Take a teaspoon to inject the slurry into the slashes, and slather the rest of the slurry all over the roast. Add some water to the bottom of the roast pan. Cover with aluminum for part of the cooking time so the outside doesn't burn. Bake at 325 til it reaches the desired internal temperature according to your meat thermometer. Make a cream sauce with the garlic mustard: Chop finely the garlic mustard and garlic chives, which are also in great abundance. Sautee in olive oil; add chicken stock or other liquid and cook gently. Make a cream sauce (as above) and add it all together along with drippings from the roast beef pan. This is so flavorful - cheese is unnecessary.

## Garlic Mustard and Spinach Raviolis with Garlic Mustard Pesto

Developed by Robert Dunn, Executive Chef, Belmont Conference Center  
Raviolis:

- 4 shallots / 1 clove garlic
- 2 cups spinach
- 2 cups garlic mustard
- 4 oz. ricotta cheese
- 2 oz. Parmesan cheese
- 2 oz. chopped sundried tomatoes
- 6 sheets fresh pasta



Saute shallots and garlic in 2 Tbl butter until tender. Add spinach and garlic mustard greens & wilt. Season with salt and pepper. Remove from pan and cool slightly. Squeeze excess liquid from green and chop. Combine all ingredients and season to taste. Cut pasta sheets to desired size. Eggwash pasta and fill with garlic mustard and spinach mixture.

### *Pesto:*

- 1 cup garlic mustard
- 1/2 cup basil
- 3 cloves garlic
- 2 oz. toasted pinenuts
- 4 oz. olive oil
- juice of 1 lemon

In food processor combine all ingredients except olive oil. Puree and add olive oil with processor running. Toss cooked raviolis with pesto.

Time required: 1 hr. Serves 10.

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## Garlic Mustard in Lemon Sauce

Garlic mustard is a great vegetable, but it must be handled correctly so its intrinsic bitterness is held in check and prevented from running rampant. Stir-frying followed by simmering in a strongly seasoned sauce does the trick. Serve this Asian-flavored side dish with brown rice.

- 4-1/2 tbs. kuzu or tapioca flour
- 3 tbs. vegetable glycerin, barley malt, rice syrup, or honey
- 2 cups water
- 1/2 tbs. liquid stevia
- 6 tbs. lemon juice
- 1/2 tbs. lemon extract
- 3/4 tsp. salt



- 3/4 tsp. cloves, ground
- 3/4 tsp. allspice, ground
- 3/4 tsp. star anise, ground
- 4-1/2 tbs. peanut oil
- 6 cups young garlic mustard leaves, chopped
- 3 cloves of garlic, chopped

1. Mix together all ingredients except the garlic mustard leaves, garlic, and peanut oil in a saucepan with a whisk, bring

2. Meanwhile, heat the oil in a wok or skillet and stir-fry the garlic mustard and garlic 1.5 minutes, stirring constantly

3. Pour the sauce over the garlic mustard mixture and cook over high heat 3 minutes or until the garlic mustard leaves are tender, stirring constantly.

Serves 6

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### **Wild (Garlic) Mustard Seed Mayonnaise**

From THE WILD VEGETARIAN COOKBOOK

Some wild mustards have seeds you can gather in abundance and use as you would use commercial mustard seeds. They are great in this wild mayonnaise, and you will never miss the eggs-they are not really necessary. Use the result on sandwiches or as a salad dressing.

- 1-2 cloves of garlic or to taste
  - 1/4 cup fresh parsley
  - 1 19-oz. package silken tofu, drained
  - 1/4 cup olive oil
  - 1/4 cup light (mellow) miso
  - 2 tbs. lecithin granules
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### **Recipe for:** Warm Potato Salad with Wilted Garlic Mustard Greens

**Time required:** 45 minutes

**Serves:** 6

**Preheat oven at:** 350°

#### **Ingredients:**

- 2 Red bliss potatoes (quartered)
- 1/2 cup Caramelized onions
- 1/4 cup rendered bacon
- 1/2 cup garlic mustard greens
- 3 tbsp red wine vinegar
- Salt and pepper



**Directions:** Quarter potatoes, and toss in canola oil. Roast for about 30 minutes. In a sauté pan, heat bacon. Add onions and potatoes, and add salt and pepper to taste. Deglaze with vinegar, and toss in garlic mustard. Serve warm.