

Garlic Mustard Pesto

When I served this on one of my Central Park tours, people couldn't believe how good it was, and I had to post it on my website pronto, because everyone was collecting the plant to make the recipe.

4 cloves of garlic
3 tbs. [garlic mustard](#) taproots
3/4 cups parsley
1 cup [garlic mustard](#) leaves
1 cup basil
1-1/2 cup low-sodium olives
2 cups walnuts or pine nuts
1/2 cup mellow miso
1-1/4 cups olive oil or as needed

1. Chop the garlic and [garlic mustard](#) roots in a food processor.
2. Add the parsley, garlic, [garlic mustard](#) and basil and chop.
3. Add the nuts and chop coarsely.
4. Add the olive oil and miso and process until you've created a coarse paste.

Makes 4 cups

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 to a boil over medium heat, stirring constantly, reduce the heat to low, cover, and simmer 5 minutes stirring occasionally.
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

Wild (Garlic)Mustard Seed Mayonnaise

From

[THE WILD VEGETARIAN COOKBOOK](#)

Some wild mustards have seeds you can gather in abundance and use as you'd use commercial mustard seeds. They're great in this wild mayonnaise, and you'll never miss the eggs—they're 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

1 tsp. any edible [wild mustard](#) seeds or commercial yellow mustard seeds, ground
1 tsp. white pepper, ground
1 tsp. tarragon, ground
1/2 tsp. turmeric
The juice of 1 lime (2 tbs.) or 2 tbs. lemon juice
2 tbs. red wine vinegar
1 tsp. dried hot pepper, ground, or 1/2 tsp. cayenne hot pepper
1/4 tsp. liquid stevia (optional)

1. Finely chop the garlic and parsley in the food processor with the chopping blade, or chop finely by hand.

2. Add all the remaining ingredients and process or hand-mix until smooth.

Use on vegetables, and in sauces, sandwiches and salad dressings.

Makes 2 cups

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.