

## 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.

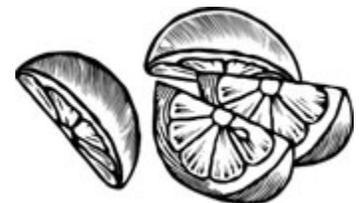
Time required: 1 hr. Serves 10.

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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.

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**Recipe for:** Venison Garlic Mustard Sausage

**Time required:** 2 days

**Serves:** 6

**Preheat oven at:** N.A.

**Ingredients:**

1 lb pork butt	1 tsp garlic
¾ lb pork fatback	1 tsp shallots
½ lb bacon	1 tsp fresh rosemary
3 tbsp Marcela	1 tsp fresh thyme
2 tbsp brandy	½ cup fresh chopped garlic mustard greens
4 tsp kosher salt	½ cup dried cherries (re-hydrated in Marcela wine)
2 tsp ground black pepper	
2 tsp juniper berries ground	

**Directions:** Cube and marinate meat, bacon, and fatback in wine, brandy, and spices. Let sit overnight. Grind all ingredients through ¼ inch plate. Add leftover juices, fresh chopped garlic mustard greens, and cherries to ground meat. Pipe into casings (or patties if you do not have casings) and let sit in the fridge overnight. Poach off in simmering water until 165° (if using patties, there is no need to poach). Grill, serve warm with potato salad, and enjoy!

**From:** James Jennings Belmont

Can be made ahead or frozen

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**Recipe for:** Garlic Mustard Encrusted Lamb Chops

**Time required:**

**Serves:** 6

**Preheat oven at:** N.A.

**Ingredients:**

Garlic mustard greens	2 lamb chops
Fresh rosemary	2 tbsp
Fresh chives	Pasteurized egg yolk
Fresh thyme	Pinch of salt and pepper
2 tbsp Dijon mustard	1-cup fresh breadcrumbs

**Directions:** In a food processor, add garlic mustard, rosemary, chives, thyme, Dijon mustard, pasteurized egg yolk, salt and pepper, and breadcrumbs. Pulse machine until blended well. Mark 2 lamb chops on grill. Let set, then add mixture to lamb, and bake at a desired temperature.

**From:** Steve Wecker, the Iron Bridge Wine Company

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**Recipe for:** Garlic Mustard Green Yogurt Froth

**Time required:** 10 min

**Serves:** 1

**Preheat oven at:** N.A.

**Ingredients:**

- ½ cup yogurt
- Chopped garlic mustard greens
- Salt and pepper
- 1 tsp Dijon mustard



**Directions:** Blend all ingredients, and enjoy.

**From:** Steve Wecker

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**Recipe for:** Red Quinoa, Julienned Cucumber, and Cherry Tomato Salad

**Time required:** 10 minutes

**Serves:** 6

**Preheat oven at:** N.A.

**Ingredients:**

Red quinoa

Julienned cucumber

Cherry tomatoes

**Directions:** Blend all in blender. Spoon onto plate.

**From:** Steve Wecker

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**Recipe for:** Garlic Mustard Deviled Eggs

**Time required:** 30 minutes

**Serves:** 6

**Preheat oven at:** N.A.

**Ingredients:**

8 eggs

3 tbsp capons, drained

1 tbsp chopped garlic mustard

Salt and pepper

Mustard

Cayenne pepper

Mayonnaise



**Directions:** Hard boil 8 eggs; cut in half and scoop yolks out of whites and into bowl. Add 3 tbsp capons, 1 tbsp chopped garlic mustard, salt, pepper, mustard, and cayenne pepper to taste. Add mayonnaise to make a creamy consistency. Stuff whites with the yolks and serve on a platter of garlic mustard greens.

**From:** Sally Voris

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**Recipe for:** Garlic Mustard Vegetable Soup

**Time required:** 40 minutes

**Serves:** 6

**Preheat oven at:** N.A.

**Ingredients:**

2 medium potatoes, chopped  
1/8-cup onions, chopped  
4 cups chicken broth  
2 ½ teaspoons of garlic  
3 teaspoons chopped garlic mustard  
8 oz. Corn  
8 oz. Peas  
Salt and pepper



**Directions:** Combine potatoes, onions, garlic, garlic mustard, and chicken broth. Simmer for 25 minutes on stove, or until potatoes are soft. Add corn and peas, and simmer again on the stove for about 10 minutes, or until peas are cooked. Add salt and pepper if needed

**From:** Justin McMillion

Can be made ahead

Can be frozen

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**Recipe for:** Garlic Mustard Soup

**Time required:** 50 minutes

**Serves:** 6

**Preheat oven at:** N.A.

**Ingredients:**

1 ½ shredded garlic mustard	6 tbsp basil
2 chopped carrots	3 tbsp minced garlic
3 potatoes	½ cup soy sauce
4 tbsp oregano	6 cups water

**Directions:** boil water, add potatoes and carrots, wait 5-10 minutes and add the rest of the ingredients. Cook 20-25 minutes.

**From:** Gaelyn Reid and Sarah Yalov

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**Recipe for:** Oriental Mashed Potatoes

**Time required:**

**Serves:** 6

**Preheat oven at:** N.A.

**Ingredients:**

1 shredded garlic mustard	3 tbsp basil
1 ½ cups shredded cheddar cheese	1 tbsp turmeric
5 potatoes	½ cup whole milk
2 tbsp minced garlic	½ stick butter
¼ cup soy sauce	salt to taste

**Directions:** Boil potatoes in all ingredients except cheese, milk, butter, ½ cup garlic mustard, and 1/8 cup soy sauce. Cook the potatoes until soft, drain, and mash. Add milk cheese, butter, and garlic mustard.

**From:** Gaelyn Reid and Sarah Yalov

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**Recipe for:** Corn and Black Bean Salad

**Time required:** 60 minutes, and set overnight **Serves:** 6

**Ingredients:** (for salad)

1 can whole kernel corn, drained	½ cup chopped red onion
1 can black beans, drained and rinsed	1 clove garlic, minced
1 red bell pepper, finely chopped	1 medium tomato, chopped
½ cup diagonally sliced green onions	1 jalapeno pepper, seeded, and finely chopped
	red onion wedge

**Ingredients:** (for dressing)

¾ cup Italian salad dressing	1 tablespoon fresh lemon juice
¾ tsp hot pepper sauce	2 tbsp chopped garlic mustard greens
½ tsp chili powder	

**Directions:** In a large bowl, combine corn, beans, bell pepper, green onions, red onion, garlic, tomato, and jalapeno pepper. In a jar with a tight fitting lid, combine dressing ingredients, close lid, and shake well. Pour dressing over salad, mix, and refrigerate overnight. Serve in an attractive bowl, and garnish with fresh garlic mustard greens.

**From:** Lauren McMillion

Can be made ahead

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**Recipe for:** Garlic Mustard Couscous Salad

**Time required:** 30 minutes

**Serves:** 6

**Preheat oven at:** N.A.

**Ingredients:**

½ tbsp sweet basil leaves

½ tbsp garlic and herb

½ tbsp parsley flakes

¼ tbsp garlic powder

¼ tbsp thyme

¼ cumin

4 ½ tbsp minced garlic

2 tbsp garlic juice

2 cups garlic mustard

1 package of roasted garlic and oil  
couscous

¾ can tomatoes and juice

1 cup parmesan cheese

**Directions:** Chop garlic mustard, cook couscous, and add all ingredients together in a bowl.

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**Recipe for:** Potato Salad With Garlic Mustard

**Time required:** 30 minutes

**Serves:** 6

**Preheat oven at:** N.A.

**Ingredients:**

1 cup garlic mustard

6 large potatoes

2 stalks celery

1 cup mayonnaise

¾ cup mustard

salt and pepper

**Directions:** Wash and chop potatoes. Wash and chop up celery and garlic mustard. Cook potatoes until fork tender, and drain. Combine mustard, mayonnaise, garlic mustard, and celery. Add to cool potatoes.

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**Recipe for:** Garlic Mustard Chipped Beef

**Time required:** 30 min

**Serves:** 6

**Preheat oven at:** N.A.

**Ingredients:**

3 cups milk

1 loaf sliced bread

9 tbsp flour

3 cups light cream

12 tbsp butter

¾ lb chipped beef

handful garlic mustard

**Directions:** Melt butter in a sauce pan. Add flour, milk, and cream. Simmer for 20 minutes. Take off heat, stir in garlic mustard and chipped beef. Pour over slices of bread.

Can be made ahead

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**Recipe for:** Cream Cheese Puff

**Time required:** 90 minutes

**Serves:** 6

**Preheat oven at:** 350°

**Ingredients:**

½ cup flour

½ tsp salt

4 eggs

1/3 cup green onion

1/3 cup garlic mustard, chopped

1 slice whole wheat bread crumbs

**Directions:** Combine all ingredients but the 4 eggs. Using an electric mixer, mix eggs for 5 minutes, or until thick and lemon colored. Place all ingredients in a 6 cup casserole dish, and bake until a knife comes out clean in the center.

**From:** Lauren McMillion

Can be made ahead

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**Recipe for:** Garlic Mustard Bread and Butter

**Time required:** 3 ½ hours

**Serves:** 6

**Preheat oven at:** N.A.

**Ingredients: (for bread)**

2/3 cups milk

1 tsp butter

2 tsp sugar

½ tsp salt

2 cups bread flour

1 tsp yeast

½ cup cheddar cheese

1½ cup garlic mustard

½ tbsp parsley flakes

½ tbsp garlic and herb

½ tbsp garlic powder

½ tbsp cilantro leaves

½ tbsp oregano

**Ingredients: (for butter)**

1 stick of soften butter

¼ cup garlic mustard

½ tbsp garlic powder

½ cup parmesan cheese

**Directions:** Mix all bitter ingredients, and place in a container. Mix all bread ingredients together, and put in a bread machine for 3 ½ hours.

**From:** Chef Unknown

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**Recipe for:** Spring Asparagus with Garlic Mustard

**Time required:** 24 ½ hours

**Serves:** 6

**Preheat oven at:** N.A.

**Ingredients:**

1 bunch asparagus

1 bunch garlic mustard

½ red bell pepper

6 kalamatire olives

1 T rice wine vinegar

1 T balsamic vinegar

1 tsp dried oregano  
fresh ground pepper & salt  
star anise (spice)  
chive  
olive oil

**Directions:**

Cut ends off of asparagus and peel thick skin.  
Boil asparagus 3-4 minutes.  
Drain & cool immediately.  
Chop garlic mustard, slice pepper and marinate with asparagus and the rest of the ingredients, except for olive oil (24 hours).  
Drain and toss asparagus mixture with virgin olive oil.  
Sprinkle with fresh chive and garlic mustard flowers

**From:** Raymond Bahr, Catonsville, Md.

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**Recipe for:** Garlic Mustard Pineapple Upside-Down Cake

**Time required:** 45 minutes

**Serves:** 6

**Preheat oven at:** 350 degrees

**Ingredients:**

2 T butter, melted  
1/3 cup dark brown sugar, packed  
1 T fresh garlic mustard, chopped  
7 pineapple rings  
1 ¼ cup all-purpose flour  
1 ½ tsp. baking powder  
1/8 tsp. salt  
¼ cup butter, softened  
2/3 cup granulated sugar  
1 tsp. vanilla extract  
1 large egg  
½ cup milk



**Directions:**

Preheat oven to 350 degrees.  
Coat bottom of a 9-inch round cake pound with melted butter.  
Sprinkle brown sugar and garlic mustard over butter.  
Arrange pineapple slices over mixture  
Combine flour, baking powder and salt and stir well.  
Cream ¼ cup butter with granulated sugar until well blended.  
Add egg and vanilla.  
Add flour mixture, alternating with milk.

Beat well.  
Pour batter into pan over pineapple slices.  
Bake 32-35 minutes until done.  
Cool in pan for 5 minutes.  
Invert onto cake plate.

**From:** Rita Chelton, Elkridge, Md.

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**Recipe for:** Creamy Garlic Mustard Egg Salad

**Time required:** 2 ½ hours      **Serves:** 6      **Preheat oven at:** N.A.

**Ingredients:**

6 hard-boiled eggs, chopped fine  
1 T fresh garlic mustard, chopped fine  
¾ cup mayonnaise  
1 T prepared mustard  
1 tsp. Creole mustard (can use Spicy dark mustard)  
½ tsp. horseradish  
½ tsp. Jane's crazy mixed-up salt  
½ tsp. Old Bay seasoning

**Directions:**

Mix well and refrigerate for at least 2 hours before serving

**From:** Rita Chelton, Elkridge, Md.

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**Recipe for:** Cheesy Garlic Mustard Quiche

**Time required:** 60 minutes      **Serves:** 6      **Preheat oven at:** 350°

**Ingredients:**

1 cup chopped, steamed garlic  
mustard leaves  
1 pie crust  
1 diced onion  
½ cup diced sharp cheddar cheese  
½ cup diced muenster cheese  
½ cup diced Monterey cheese

5 large eggs  
½ cup 2% milk  
1 clove minced garlic  
1 tsp dry parsley  
¼ tsp ancho chili pepper  
salt and pepper (to taste)  
Hungarian sweet paprika



**Directions:** Grease pie pan with extra virgin olive oil. Place pie crust in greased pie pan. Mix eggs, cheeses, milk, onion, chili powder, garlic, parsley, salt, and pepper together in bowl. Pour mixture into the pie crust. Top with paprika. Cook for 1 hour at 350° or until firm.

**From:** Hanum Wensil-Strow and Keici Schexnayder

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**Recipe for:** Garlic Mustard Quiche

**Time required:** 1 hour

**Serves:** 6

**Preheat oven at:** 325 degrees.

**Ingredients:**

1 store-bought pie crust (8 inch)  
1.75 cups milk  
1 cup shredded cheese  
.5 teaspoon salt  
.25 teaspoon paprika  
.5 grated onion  
3 eggs

**Directions:**

Brush crust with egg white  
Scald milk  
Melt cheese into milk  
Then, add onion, salt, and paprika  
Beat in eggs  
Bake for 45 minutes at 325.

**From:** Alex Streat, Elkridge, Md.

