



# INVASIVE PLANT RECIPES

LEAVE ENDANGERED PLANTS ALONE  
CONSULT A PLANT IDENTIFICATION GUIDE BEFORE EATING  
ANYTHING

DO NOT STRAY OFF MARKED TRAILS  
DO NOT FORAGE ON PUBLIC LAND OR SOMEONE ELSE'S  
PROPERTY WITHOUT PERMISSION

REMOVE ALL INVASIVE PLANTS IN AN AREA WHEN  
HARVESTING

## Starters

### Hairy Bittercress Chicken Salad

#### Ingredients:

- 2 cups cooked chicken, diced
- 2 cups hairy bittercress, cleaned
- 1 cup apple, diced
- 1/4 cup walnuts, chopped
- 1/4 cup dried cranberries
- 1/4 cup plain Greek yogurt
- 1 tbsp honey
- 1 tbsp lemon juice
- Salt and pepper to taste

#### Instructions:

1. In a large bowl, mix the chicken, hairy bittercress, apple, walnuts, and cranberries.
2. In a small bowl, whisk together Greek yogurt, honey, lemon juice, salt, and pepper.
3. Pour the dressing over the salad and toss to combine.
4. Serve chilled for a refreshing and nutritious salad!

## Chickweed and Goat Cheese Stuffed Mushrooms

### Ingredients:

- 12 large button mushrooms, stems removed and cleaned
- 1 cup chickweed, cleaned and finely chopped
- 1/2 cup goat cheese, softened
- 1/4 cup breadcrumbs
- 2 cloves garlic, minced
- 1 tbsp olive oil
- Salt and pepper to taste
- 1 tbsp fresh parsley, chopped (for garnish)

### Instructions:

1. Preheat your oven to 375°F (190°C).
2. In a bowl, mix the chickweed, goat cheese, breadcrumbs, garlic, olive oil, salt, and pepper until well combined.
3. Stuff each mushroom cap with the chickweed and goat cheese mixture, pressing down slightly to pack it in.
4. Place the stuffed mushrooms on a baking sheet.
5. Bake for 15-20 minutes, or until the mushrooms are tender and the topping is golden brown.
6. Garnish with fresh parsley before serving.

Enjoy these as a delightful and unique starter!

## Chickweed and Avocado Salad

### Ingredients:

- 2 cups chickweed, cleaned
- 1 ripe avocado, diced
- 1 cup cherry tomatoes, halved
- 1/4 cup red onion, thinly sliced
- 1/4 cup crumbled feta cheese
- 2 tbsp olive oil
- 1 tbsp lemon juice
- 1 tsp honey
- Salt and pepper to taste

### Instructions:

1. In a large bowl, combine chickweed, avocado, cherry tomatoes, red onion, and feta cheese.
2. In a small bowl, whisk together olive oil, lemon juice, honey, salt, and pepper.
3. Drizzle the dressing over the salad and gently toss to combine.
4. Serve immediately for a fresh and vibrant starter!

This salad is refreshing and perfect for showcasing the delicate flavors of chickweed. Enjoy!

## Chickweed and Butternut Squash Soup

### Ingredients:

- 1 medium butternut squash, peeled, seeded, and cubed
- 1 tbsp olive oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 tsp ground cumin
- 4 cups vegetable broth
- 2 cups chickweed, cleaned and chopped
- 1/2 cup coconut milk
- Salt and pepper to taste
- 1/4 tsp nutmeg (optional)
- Fresh chickweed or parsley for garnish (optional)

### Instructions:

1. Preheat your oven to 400°F (200°C). Toss butternut squash cubes with olive oil, salt, and pepper, and spread them out on a baking sheet. Roast for 25-30 minutes or until tender.
2. In a large pot, heat a little olive oil over medium heat. Sauté onion and garlic until translucent, about 5 minutes.
3. Add ground cumin and cook for another minute.
4. Add the roasted butternut squash and vegetable broth. Bring to a simmer and cook for 10 minutes.
5. Use an immersion blender to puree the soup until smooth (or transfer in batches to a blender).
6. Stir in the chickweed and coconut milk. Simmer for another 5 minutes.
7. Season with salt, pepper, and nutmeg if using.
8. Garnish with fresh chickweed or parsley if desired, and serve hot.

This soup combines the earthiness of butternut squash with the fresh, green notes of chickweed for a comforting and flavorful starter!

## Dandelion and Apple Slaw

### Ingredients:

- 2 cups dandelion greens, cleaned and chopped
- 1 apple, julienned
- 1/4 cup red cabbage, shredded
- 1/4 cup shredded carrots
- 2 tbsp olive oil
- 1 tbsp apple cider vinegar
- 1 tsp honey
- 1/2 tsp Dijon mustard
- Salt and pepper to taste
- 2 tbsp chopped walnuts (optional, for garnish)

### Instructions:

1. In a large bowl, combine dandelion greens, apple, red cabbage, and carrots.
2. In a small bowl, whisk together olive oil, apple cider vinegar, honey, Dijon mustard, salt, and pepper.
3. Pour the dressing over the slaw and toss to coat evenly.
4. Garnish with chopped walnuts if desired.
5. Serve immediately for a crisp and tangy starter!

## Broadleaf Plantain and Cucumber Salad

### Ingredients:

- 2 cups broadleaf plantain leaves, cleaned and chopped
- 1 cucumber, thinly sliced
- 1/4 cup red onion, thinly sliced
- 1/4 cup cherry tomatoes, halved
- 1/4 cup feta cheese, crumbled
- 2 tbsp olive oil
- 1 tbsp red wine vinegar
- 1 tsp honey
- 1/2 tsp dried oregano
- Salt and pepper to taste

### Instructions:

1. In a large bowl, combine the broadleaf plantain leaves, cucumber, red onion, cherry tomatoes, and feta cheese.
2. In a small bowl, whisk together olive oil, red wine vinegar, honey, dried oregano, salt, and pepper.
3. Drizzle the dressing over the salad and toss gently to combine.
4. Serve immediately as a fresh and nutritious starter!

This salad is light and vibrant, showcasing the unique flavor of broadleaf plantain.

## Broadleaf Plantain and Smoked Salmon Sushi Rolls

### Ingredients:

- 1 cup sushi rice, cooked and seasoned with rice vinegar
- 4-6 broadleaf plantain leaves, cleaned and trimmed to fit the sushi
- 4 oz smoked salmon, thinly sliced
- 1 cucumber, julienned
- 1 avocado, sliced
- Soy sauce, for dipping
- Pickled ginger, for serving (optional)
- Wasabi, for serving (optional)

### Instructions:

#### 1. Prepare the Ingredients:

Ensure the sushi rice is cooked and seasoned. Prepare the broadleaf plantain leaves by trimming them to size.

#### 2. Assemble the Rolls:

Lay a broadleaf plantain leaf on a sushi mat covered with plastic wrap. Spread a thin layer of sushi rice over the leaf, leaving a small border around the edges.

#### 3. Add Fillings:

Arrange slices of smoked salmon, cucumber juliennes, and avocado slices in a line along one edge of the rice.

#### 4. Roll the Sushi:

Using the sushi mat, carefully roll the plantain leaf over the fillings, pressing gently to form a tight roll. Seal the edge with a little water if necessary.

#### 5. Slice and Serve:

Slice the roll into bite-sized pieces with a sharp knife. Serve with soy sauce, pickled ginger, and wasabi on the side.

This unique starter combines the freshness of broadleaf plantain with the rich flavor of smoked salmon, offering a delightful twist on traditional sushi. Enjoy!



## Canada Thistle and Ricotta Stuffed Mini Peppers

### Ingredients:

- 12 mini sweet peppers, halved and seeded
- 1 cup Canada thistle leaves, cleaned and finely chopped
- 1/2 cup ricotta cheese
- 1/4 cup grated Parmesan cheese
- 1 clove garlic, minced
- 1 tbsp olive oil
- 1/4 tsp dried basil
- Salt and pepper to taste

### Instructions:

#### 1. Preheat the Oven:

Preheat your oven to 375°F (190°C).

#### 2. Prepare the Filling:

In a bowl, mix the chopped Canada thistle, ricotta cheese, Parmesan cheese, minced garlic, olive oil, dried basil, salt, and pepper until well combined.

#### 3. Stuff the Peppers:

Spoon the filling into each halved mini pepper.

#### 4. Bake:

Arrange the stuffed peppers on a baking sheet and bake for 15-20 minutes, or until the peppers are tender and the filling is lightly golden.

#### 5. Serve:

Serve warm as a unique and flavorful starter.

These stuffed mini peppers are a creative way to use Canada thistle, offering a savory, cheesy bite with a touch of freshness. Enjoy!

## Woolly Mullein and Sweet Potato Patties

### Ingredients:

- 1 large sweet potato, peeled and cubed
- 1 cup woolly mullein leaves, cleaned and finely chopped
- 1/4 cup finely chopped onion
- 1 clove garlic, minced
- 1/2 cup breadcrumbs
- 1 egg, beaten
- 1/4 tsp cumin
- 1/4 tsp paprika
- Salt and pepper to taste
- Olive oil for frying

### Instructions:

#### 1. Cook the Sweet Potato:

Boil the sweet potato cubes in salted water until tender, about 10-12 minutes. Drain and mash.

#### 2. Prepare the Mixture:

In a bowl, combine the mashed sweet potato, chopped woolly mullein, onion, garlic, breadcrumbs, beaten egg, cumin, paprika, salt, and pepper. Mix until well combined.

#### 3. Form the Patties:

Shape the mixture into small patties, about 1/2 inch thick.

#### 4. Fry the Patties:

Heat a little olive oil in a skillet over medium heat. Fry the patties for 3-4 minutes on each side, or until golden brown and crispy.

#### 5. Serve:

Serve warm as a unique and flavorful starter, perhaps with a side of yogurt or a tangy dipping sauce.

These patties offer a delicious way to enjoy woolly mullein with the sweetness of sweet potato. Enjoy!

## Quick Appetizer Ideas

### 1. Broadleaf Plantain and Mushroom Fritters

- Mix chopped broadleaf plantain with sautéed mushrooms, flour, and spices, then pan-fry small fritters until golden.

### 2. Chickweed Pesto Bruschetta

- Spread chickweed pesto on toasted baguette slices and top with a sprinkle of pine nuts and a drizzle of balsamic glaze.

### 3. Woolly Mullein and Sweet Corn Quesadillas

- Fill tortillas with a mixture of grated cheese, cooked sweet corn, and finely chopped woolly mullein, then grill until crispy.

### 4. Canada Thistle and Feta Stuffed Olives

- Stuff large olives with a mixture of crumbled feta cheese and finely chopped Canada thistle, then chill before serving.

### 5. Chickweed and Ricotta Stuffed Crescent Rolls

- Roll ricotta cheese and chopped chickweed inside crescent roll dough, then bake until golden and puffed.

### 6. Broadleaf Plantain and Roasted Red Pepper Dip

- Blend roasted red peppers with chopped broadleaf plantain, Greek yogurt, and garlic for a creamy dip served with pita chips.

### 7. Woolly Mullein and Herb Potato Wedges

- Toss potato wedges with olive oil, woolly mullein, and herbs, then bake until crispy and serve with a yogurt dip.

### 8. Canada Thistle and Goat Cheese Stuffed Dates

- Fill dates with a mixture of goat cheese and chopped Canada thistle, then wrap with prosciutto and bake briefly.

### 9. Chickweed and Avocado Tartlets

- Fill mini tart shells with a mix of mashed avocado and chickweed, then top with cherry tomato halves and a sprinkle of sea salt.

### 10. Broadleaf Plantain and Spiced Nut Mix

- Toss a variety of nuts with chopped broadleaf plantain, olive oil, and spices, then roast until golden and fragrant.

# Mains

## Dandelion and Mushroom Risotto

### Ingredients:

- 1 cup arborio rice
- 1 cup dandelion greens, cleaned and chopped
- 1 cup mushrooms (such as cremini or button), sliced
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- 4 cups vegetable broth
- 1/2 cup white wine (optional)
- 1/2 cup grated Parmesan cheese
- 2 tbsp olive oil
- 1 tbsp butter
- Salt and pepper to taste
- Fresh parsley or extra dandelion greens for garnish (optional)

### Instructions:

#### 1. Prepare the Broth:

Heat the vegetable broth in a saucepan and keep it warm on low heat.

#### 2. Sauté the Vegetables:

In a large pan or skillet, heat olive oil and butter over medium heat. Add the onion and cook until translucent, about 5 minutes. Add garlic and mushrooms, cooking until the mushrooms are tender and browned.

#### 3. Add the Rice:

Stir in the arborio rice and cook for 1-2 minutes until the rice is lightly toasted and coated with the oil.

#### 4. Deglaze with Wine:

If using, pour in the white wine and stir until it has mostly evaporated.

#### 5. Cook the Risotto:

Begin adding the warm vegetable broth to the rice, one ladleful at a time. Stir constantly and allow each addition of broth to be absorbed before adding more. Continue this process until the rice is creamy and al dente, about 18-20 minutes.

#### 6. Add Dandelion Greens:

When the rice is nearly done, fold in the chopped dandelion greens and cook for an additional 2-3 minutes until wilted.

7. Finish the Risotto:

Stir in the Parmesan cheese, and season with salt and pepper to taste.

8. Serve:

Garnish with fresh parsley or additional dandelion greens if desired. Serve warm.

This risotto combines the earthiness of dandelion greens with the rich, creamy texture of the risotto, making it a satisfying and unique main dish. Enjoy!

## Dandelion and Lentil Stuffed Bell Peppers

### Ingredients:

- 4 large bell peppers (any color)
- 1 cup cooked lentils
- 1 cup dandelion greens, cleaned and chopped
- 1 cup cooked quinoa or rice
- 1 small onion, diced
- 2 cloves garlic, minced
- 1 can (14.5 oz) diced tomatoes
- 1 tsp ground cumin
- 1/2 tsp paprika
- 1/2 tsp dried oregano
- 2 tbsp olive oil
- Salt and pepper to taste
- Fresh parsley for garnish (optional)

### Instructions:

#### 1. Prepare the Peppers:

Preheat your oven to 375°F (190°C). Slice the tops off the bell peppers and remove the seeds and membranes. Set aside.

#### 2. Sauté the Vegetables:

Heat olive oil in a skillet over medium heat. Add the onion and garlic, cooking until translucent. Stir in the diced tomatoes, cumin, paprika, oregano, salt, and pepper. Cook for 5 minutes.

#### 3. Mix the Filling:

In a large bowl, combine the cooked lentils, chopped dandelion greens, cooked quinoa or rice, and the tomato mixture. Mix well.

#### 4. Stuff the Peppers:

Spoon the lentil mixture into each bell pepper, packing it down gently. Place the stuffed peppers in a baking dish.

#### 5. Bake:

Cover with aluminum foil and bake for 30-35 minutes, or until the peppers are tender. If using cheese, remove the foil during the last 10 minutes of baking to allow the cheese to melt and brown.

#### 6. Serve:

Garnish with fresh parsley if desired and serve warm.

## Dandelion and Sweet Potato Burgers

### Ingredients:

- 1 medium sweet potato, peeled and cubed
- 1 cup dandelion greens, cleaned and finely chopped
- 1/2 cup cooked quinoa or chickpeas (mashed if using chickpeas)
- 1/4 cup finely chopped onion
- 1 clove garlic, minced
- 1/4 cup breadcrumbs
- 1 egg, beaten
- 1 tsp ground cumin
- 1/2 tsp smoked paprika
- Salt and pepper to taste
- Olive oil for cooking
- Burger buns

### Instructions:

#### 1. Cook the Sweet Potato:

Boil or steam the sweet potato cubes until tender, about 10 minutes. Drain and mash.

#### 2. Prepare the Mixture:

In a large bowl, combine the mashed sweet potato, chopped dandelion greens, cooked quinoa or mashed chickpeas, onion, garlic, breadcrumbs, beaten egg, cumin, smoked paprika, salt, and pepper. Mix until well combined.

#### 3. Form the Patties:

Shape the mixture into burger patties. You should get about 4-6 patties, depending on size.

#### 4. Cook the Patties:

Heat a bit of olive oil in a skillet over medium heat. Cook the patties for 4-5 minutes on each side, or until golden brown and crispy.

#### 5. Assemble the Burgers:

Toast the burger buns if desired. Place the cooked patties on the buns and add your favorite toppings like lettuce, tomato, or pickles.

#### 6. Serve:

Serve the dandelion and sweet potato burgers warm, garnished with your chosen toppings.

## Whitetop and Chicken Stir-Fry

### Ingredients:

- 2 cups whitetop greens, cleaned and chopped
- 1 lb boneless, skinless chicken breast, thinly sliced
- 2 tbsp vegetable oil
- 1 bell pepper, sliced
- 1 cup snap peas or snow peas
- 1 carrot, julienned
- 3 cloves garlic, minced
- 1 tbsp fresh ginger, minced
- 1/4 cup soy sauce
- 2 tbsp hoisin sauce
- 1 tbsp rice vinegar
- 1 tsp sesame oil
- 1 tsp cornstarch mixed with 1 tbsp water (optional, for thickening)
- Cooked rice or noodles for serving
- Sesame seeds and chopped green onions for garnish (optional)

### Instructions:

#### 1. Prepare the Ingredients:

Clean and chop the whitetop greens. Thinly slice the chicken breast, and prepare the vegetables.

#### 2. Cook the Chicken:

Heat 1 tablespoon of vegetable oil in a large skillet or wok over medium-high heat. Add the sliced chicken and cook until browned and cooked through, about 5-7 minutes. Remove from the skillet and set aside.

#### 3. Stir-Fry the Vegetables:

In the same skillet, add the remaining tablespoon of vegetable oil. Add the garlic and ginger, and cook for 30 seconds until fragrant. Add the bell pepper, snap peas, and carrot. Stir-fry for 3-4 minutes, or until the vegetables are tender-crisp.

#### 4. Add Whitetop Greens:

Add the chopped whitetop greens to the skillet and stir-fry for an additional 2 minutes until the greens are wilted and tender.

#### 5. Combine Everything:



Return the cooked chicken to the skillet. Add the soy sauce, hoisin sauce, rice vinegar, and sesame oil. Stir to combine and heat through. If you prefer a thicker sauce, add the cornstarch mixture and cook for another 1-2 minutes until the sauce thickens.

6. Serve:

Serve the stir-fry over cooked rice or noodles. Garnish with sesame seeds and chopped green onions if desired.

This stir-fry highlights the unique flavor of whitetop and pairs it wonderfully with tender chicken and crisp vegetables. Enjoy!

## Japanese Knotweed and Chicken Skillet

### Ingredients:

- 2 cups Japanese knotweed shoots, cleaned and chopped (tender parts only)
- 1 lb boneless, skinless chicken thighs, cut into bite-sized pieces
- 2 tbsp olive oil
- 1 onion, finely chopped
- 2 cloves garlic, minced
- 1 bell pepper, sliced
- 1 cup cherry tomatoes, halved
- 1/2 cup chicken broth
- 1 tbsp soy sauce
- 1 tbsp lemon juice
- 1 tsp dried thyme
- Salt and pepper to taste
- Fresh parsley for garnish (optional)

### Instructions:

#### 1. Prepare the Ingredients:

Clean and chop the Japanese knotweed shoots, removing any tough parts. Cut the chicken thighs into bite-sized pieces.

#### 2. Cook the Chicken:

Heat 1 tablespoon of olive oil in a large skillet over medium-high heat. Add the chicken pieces and cook until browned and cooked through, about 5-7 minutes. Remove the chicken from the skillet and set aside.

#### 3. Sauté the Vegetables:

In the same skillet, add the remaining tablespoon of olive oil. Add the chopped onion and cook until translucent, about 3-4 minutes. Stir in the garlic and cook for an additional 30 seconds until fragrant.

#### 4. Add Knotweed and Vegetables:

Add the chopped knotweed shoots and bell pepper to the skillet. Cook for about 4-5 minutes until the knotweed is tender but still slightly crisp. Stir in the cherry tomatoes and cook for another 2 minutes.

#### 5. Combine Everything:

Return the cooked chicken to the skillet. Add the chicken broth, soy sauce, lemon juice, dried thyme, salt, and pepper. Stir to combine and cook for an additional 2-3 minutes, allowing the flavors to meld together and the sauce to reduce slightly.

6. Serve:

Garnish with fresh parsley if desired and serve warm.

This skillet dish features the tangy, slightly citrusy flavor of Japanese knotweed paired with tender chicken and fresh vegetables, making for a delightful and nutritious main course. Enjoy!

## Japanese Knotweed and Beef Pasta

### Ingredients:

- 8 oz pasta (such as penne, fusilli, or spaghetti)
- 1 lb beef sirloin or flank steak, thinly sliced
- 2 cups Japanese knotweed shoots, cleaned and chopped (tender parts only)
- 1 cup cherry tomatoes, halved
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- 1/2 cup beef broth
- 1/4 cup red wine (optional)
- 1 tbsp soy sauce
- 1 tsp dried oregano
- 1/2 tsp red pepper flakes (optional, for heat)
- 2 tbsp olive oil
- 1/4 cup grated Parmesan cheese (optional)
- Fresh basil or parsley for garnish (optional)
- Salt and pepper to taste

### Instructions:

#### 1. Cook the Pasta:

Bring a large pot of salted water to a boil. Cook the pasta according to package instructions until al dente. Drain and set aside.

#### 2. Cook the Beef:

Heat 1 tablespoon of olive oil in a large skillet over medium-high heat. Add the thinly sliced beef and cook until browned, about 3-4 minutes. Remove the beef from the skillet and set aside.

#### 3. Sauté the Vegetables:

In the same skillet, add the remaining tablespoon of olive oil. Add the chopped onion and cook until translucent, about 5 minutes. Stir in the garlic and cook for an additional 30 seconds.

#### 4. Add Knotweed and Tomatoes:

Add the chopped Japanese knotweed and cherry tomatoes to the skillet. Cook for 3-4 minutes until the knotweed is tender and the tomatoes are softened.

#### 5. Make the Sauce:

Pour in the beef broth and red wine (if using). Stir in the soy sauce, oregano, red pepper flakes, salt, and pepper. Let the mixture simmer for 5 minutes to reduce slightly.

6. Combine Everything:

Return the cooked beef to the skillet and stir to combine. Add the cooked pasta and toss to coat with the sauce. Cook for an additional 2-3 minutes until everything is heated through.

7. Serve:

Divide the pasta among plates or bowls. Sprinkle with grated Parmesan cheese and garnish with fresh basil or parsley if desired.

This pasta dish combines the savory flavors of beef and the unique taste of Japanese knotweed with a rich, flavorful sauce. Enjoy!

## Orange Hawkweed and Goat Cheese Stuffed Chicken Breast

### Ingredients:

- 4 boneless, skinless chicken breasts
- 1 cup orange hawkweed leaves, cleaned and finely chopped (tender parts only)
- 4 oz goat cheese, softened
- 1/4 cup grated Parmesan cheese
- 2 cloves garlic, minced
- 1 tbsp fresh thyme leaves (or 1 tsp dried thyme)
- 2 tbsp olive oil
- 1/4 cup chicken broth
- Salt and pepper to taste
- Fresh parsley for garnish (optional)

### Instructions:

#### 1. Prepare the Chicken:

Preheat your oven to 375°F (190°C). Place each chicken breast between two pieces of plastic wrap or parchment paper and gently pound to an even thickness using a meat mallet.

#### 2. Make the Filling:

In a bowl, mix together the chopped orange hawkweed, goat cheese, Parmesan cheese, minced garlic, and fresh thyme. Season with a pinch of salt and pepper.

#### 3. Stuff the Chicken:

Divide the filling evenly among the chicken breasts. Place a portion of the filling in the center of each chicken breast, then fold the sides over and secure with toothpicks or kitchen twine.

#### 4. Sear the Chicken:

Heat olive oil in a large oven-safe skillet over medium-high heat. Season the outside of the chicken breasts with salt and pepper. Sear the chicken for 3-4 minutes per side, or until golden brown.

#### 5. Bake the Chicken:

Pour the chicken broth into the skillet around the chicken breasts. Transfer the skillet to the preheated oven and bake for 20-25 minutes, or until the chicken is cooked through and reaches an internal temperature of 165°F (74°C).

#### 6. Serve:

Remove the toothpicks or twine from the chicken breasts. Slice and serve warm, garnished with fresh parsley if desired.

## Orange Hawkweed and Goat Cheese Stuffed Acorn Squash

### Ingredients:

- 2 acorn squashes, halved and seeds removed
- 1 cup orange hawkweed leaves, cleaned and finely chopped (tender parts only)
- 4 oz goat cheese, softened
- 1/4 cup dried cranberries, chopped
- 1/4 cup chopped walnuts or pecans
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- 1 tbsp olive oil
- 1/2 tsp ground cinnamon
- 1/4 tsp ground nutmeg
- Salt and pepper to taste

### Instructions:

#### 1. Prepare the Squash:

Preheat your oven to 400°F (200°C). Brush the cut sides of the acorn squash with olive oil and season with salt and pepper. Place the squash halves cut side down on a baking sheet and roast for 25-30 minutes, or until tender.

#### 2. Make the Stuffing:

While the squash is roasting, heat olive oil in a skillet over medium heat. Add the chopped onion and cook until translucent, about 5 minutes. Stir in the minced garlic and cook for another 30 seconds. Add the chopped orange hawkweed and cook for 2-3 minutes until wilted. Remove from heat.

In a bowl, mix the cooked hawkweed mixture with goat cheese, chopped cranberries, chopped walnuts, ground cinnamon, and nutmeg. Season with salt and pepper to taste.

#### 3. Stuff the Squash:

Once the squash is tender, remove from the oven and carefully turn them cut side up. Spoon the goat cheese and hawkweed mixture into each squash half, packing it down slightly.

#### 4. Bake the Stuffed Squash:

Return the stuffed squash to the oven and bake for an additional 10-15 minutes, or until the filling is heated through and slightly golden on top.

#### 5. Serve:

Garnish with fresh thyme if desired and serve warm.

## Eurasian Watermilfoil Root and Sweet Potato Curry

### Ingredients:

- 1 cup Eurasian watermilfoil roots, cleaned and chopped
- 2 medium sweet potatoes, peeled and cubed
- 1 can (14 oz) coconut milk
- 1 cup vegetable broth
- 1 large onion, chopped
- 2 cloves garlic, minced
- 1 tbsp fresh ginger, minced
- 2 tbsp curry powder
- 1/2 tsp ground turmeric
- 1/2 tsp ground cumin
- 1/2 tsp chili powder (optional, for heat)
- 2 tbsp olive oil
- 1 tbsp tomato paste
- 1 cup baby spinach or kale
- Salt and pepper to taste
- Fresh cilantro for garnish (optional)
- Cooked rice or naan for serving

### Instructions:

#### 1. Prepare the Ingredients:

Heat olive oil in a large pot or Dutch oven over medium heat. Add the chopped onion and cook until translucent, about 5 minutes. Stir in the garlic and ginger and cook for another 30 seconds.

#### 2. Add Spices:

Add the curry powder, turmeric, cumin, and chili powder (if using). Stir well to coat the onions and cook for 1-2 minutes until fragrant.

#### 3. Cook the Sweet Potatoes and Watermilfoil Roots:

Add the cubed sweet potatoes, chopped Eurasian watermilfoil roots, and tomato paste to the pot. Stir to combine and cook for 2 minutes.

#### 4. Add Liquids:

Pour in the coconut milk and vegetable broth. Bring to a simmer, then reduce the heat and cover. Cook for 20-25 minutes, or until the sweet potatoes and watermilfoil roots are tender.



5. Finish the Curry:

Stir in the baby spinach or kale and cook for an additional 2-3 minutes until wilted. Season with salt and pepper to taste.

6. Serve:

Serve the curry over cooked rice or with naan bread. Garnish with fresh cilantro if desired.

This curry offers a unique twist with the addition of Eurasian watermilfoil roots, providing a mild, earthy flavor that compliments the sweetness of the potatoes and the richness of the coconut milk. Enjoy your flavorful and satisfying entree!

## Eurasian Watermilfoil Root and Beef Wellington

### Ingredients:

#### For the Beef Wellington:

- 1.5 lb beef tenderloin, trimmed
- 2 tbsp olive oil
- Salt and freshly ground black pepper
- 2 tbsp Dijon mustard

#### For the Filling:

- 1 cup Eurasian watermilfoil roots, cleaned and chopped
- 8 oz cremini or button mushrooms, finely chopped
- 1 small shallot, finely chopped
- 2 cloves garlic, minced
- 2 tbsp unsalted butter
- 1 tbsp fresh thyme leaves
- 1/4 cup white wine
- 1/4 cup heavy cream
- 1/2 cup panko breadcrumbs
- 2 tbsp fresh parsley, chopped

#### For Assembly:

- 1 package puff pastry, thawed (about 14 oz)
- 4 oz prosciutto, thinly sliced
- 1 egg, beaten (for egg wash)

### Instructions:

#### 1. Prepare the Beef:

Preheat your oven to 400°F (200°C). Season the beef tenderloin with salt and pepper. Heat olive oil in a skillet over high heat and sear the beef on all sides until browned. Brush the beef with Dijon mustard and let it cool completely.

#### 2. Make the Filling:

In the same skillet, melt butter over medium heat. Add the chopped shallot and cook until translucent. Stir in the garlic and cook for another 30 seconds. Add the mushrooms and cook until they release their moisture and become golden brown, about 10 minutes.

Add the chopped Eurasian watermilfoil roots and cook for an additional 5 minutes. Pour in the white wine and cook until it is mostly evaporated. Stir in the heavy cream and cook until the mixture

is thickened. Add the panko breadcrumbs, fresh thyme, and parsley. Season with salt and pepper, and let the mixture cool.

3. Assemble the Wellington:

Roll out the puff pastry on a lightly floured surface. Lay out the prosciutto slices, slightly overlapping, on the pastry. Spread the mushroom and watermilfoil mixture over the prosciutto. Place the cooled beef tenderloin on top and carefully wrap the pastry around the beef, sealing the edges. Brush with beaten egg.

4. Bake:

Place the wrapped beef seam-side down on a baking sheet. Bake for 25-30 minutes, or until the pastry is golden brown and the internal temperature of the beef reaches 125°F (52°C) for medium-rare. Let rest for 10 minutes before slicing.

5. Serve:

Slice the Beef Wellington into portions and serve with a side of roasted vegetables or a simple green salad.

This sophisticated dish combines the earthy flavor of Eurasian watermilfoil roots with the rich taste of beef and the crispiness of puff pastry, offering a truly unique and impressive main course. Enjoy!

## Perennial Pepperweed-Crusted Rack of Lamb with Red Wine Reduction

### Ingredients:

#### For the Rack of Lamb:

- 2 racks of lamb (about 8 ribs each), frenched
- 2 tbsp olive oil
- Salt and freshly ground black pepper
- 1 cup perennial pepperweed leaves, cleaned and finely chopped
- 1/2 cup fresh breadcrumbs
- 1/4 cup grated Parmesan cheese
- 2 tbsp Dijon mustard
- 1 tbsp fresh rosemary, chopped
- 1 tbsp fresh thyme, chopped
- 2 cloves garlic, minced

#### For the Red Wine Reduction:

- 1 cup red wine (preferably a full-bodied variety like Cabernet Sauvignon)
- 1/2 cup beef broth
- 1 tbsp balsamic vinegar
- 1 shallot, finely chopped
- 1 tbsp unsalted butter
- 1 tsp fresh thyme leaves
- Salt and freshly ground black pepper to taste

#### For the Root Vegetable Puree:

- 2 large carrots, peeled and chopped
- 2 parsnips, peeled and chopped
- 1 tbsp olive oil
- 1/4 cup heavy cream
- Salt and freshly ground black pepper to taste

### Instructions:

#### 1. Prepare the Rack of Lamb:

Preheat your oven to 400°F (200°C). Season the racks of lamb with salt and pepper. Heat olive oil in a large ovenproof skillet over medium-high heat. Sear the lamb racks for 2-3 minutes per side until browned. Remove from heat.

#### 2. Prepare the Crust:

In a bowl, mix together the chopped perennial pepperweed, breadcrumbs, Parmesan cheese, Dijon mustard, rosemary, thyme, and minced garlic. Press this mixture onto the top of the seared lamb racks, coating evenly.

3. Roast the Lamb:

Place the skillet with the lamb racks into the preheated oven and roast for 15-20 minutes, or until the internal temperature reaches 130°F (54°C) for medium-rare. Remove from the oven and let rest for 10 minutes before slicing.

4. Make the Red Wine Reduction:

In a saucepan, melt butter over medium heat. Add the chopped shallot and cook until translucent. Pour in the red wine and beef broth, and bring to a boil. Reduce the heat and let simmer until the sauce is reduced by half and thickened. Stir in balsamic vinegar and fresh thyme. Season with salt and pepper to taste.

5. Prepare the Root Vegetable Puree:

Boil carrots and parsnips in a large pot of salted water until tender, about 15-20 minutes. Drain and return to the pot. Add olive oil and heavy cream, and mash until smooth. Season with salt and pepper to taste.

6. Serve:

Spoon a portion of the root vegetable puree onto each plate. Slice the lamb racks into individual chops and place on top of the puree. Drizzle with red wine reduction sauce. Garnish with additional fresh thyme or rosemary if desired.

This dish features the spicy, distinctive flavor of perennial pepperweed combined with the luxurious richness of rack of lamb and a sophisticated red wine reduction. The root vegetable puree adds a creamy and complementary touch to this elegant entree. Enjoy!

## Perennial Pepperweed and Wild Mushroom-Stuffed Pork Tenderloin with Apple Brandy Glaze

### Ingredients:

#### For the Stuffed Pork Tenderloin:

- 2 pork tenderloins (about 1 lb each)
- 2 tbsp olive oil
- Salt and freshly ground black pepper
- 1 cup perennial pepperweed leaves, cleaned and finely chopped
- 1 cup wild mushrooms (such as chanterelles or morels), finely chopped
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- 1/4 cup dry white wine
- 1/4 cup fresh breadcrumbs
- 1/4 cup grated Gruyère cheese
- 1 tbsp fresh thyme leaves, chopped
- 1 tbsp fresh rosemary leaves, chopped

#### For the Apple Brandy Glaze:

- 1/2 cup apple brandy
- 1/2 cup apple cider
- 1 tbsp honey
- 1 tbsp Dijon mustard
- 1 tbsp unsalted butter
- 1 tsp cornstarch mixed with 1 tbsp water (for thickening)
- Salt and freshly ground black pepper to taste

#### For Serving:

- Roasted vegetables (such as carrots, parsnips, and Brussels sprouts)
- Fresh parsley for garnish (optional)

### Instructions:

#### 1. Prepare the Stuffing:

Heat olive oil in a skillet over medium heat. Add the chopped onion and cook until translucent, about 5 minutes. Stir in the garlic and cook for another 30 seconds. Add the chopped wild mushrooms and cook until they release their moisture and become golden brown, about 10 minutes. Pour in the white wine and cook until it is mostly evaporated. Stir in the perennial pepperweed, breadcrumbs, Gruyère cheese, thyme, and rosemary. Season with salt and pepper. Remove from heat and let cool slightly.

2. Prepare the Pork Tenderloin:

Preheat your oven to 375°F (190°C). Carefully butterfly each pork tenderloin by slicing it lengthwise almost all the way through, then open it like a book. Season the inside with salt and pepper.

3. Stuff the Pork Tenderloin:

Spoon the mushroom and pepperweed mixture onto one side of each tenderloin. Fold the other side over the filling and secure with kitchen twine or toothpicks. Season the outside of the tenderloins with salt and pepper.

4. Sear and Roast the Pork:

Heat olive oil in a large ovenproof skillet over medium-high heat. Sear the stuffed tenderloins on all sides until browned, about 4-5 minutes per side. Transfer the skillet to the preheated oven and roast for 20-25 minutes, or until the internal temperature reaches 145°F (63°C). Let the pork rest for 10 minutes before slicing.

5. Make the Apple Brandy Glaze:

In a saucepan, combine the apple brandy, apple cider, honey, and Dijon mustard. Bring to a boil and then reduce the heat to a simmer. Cook until the mixture is reduced by half, about 10 minutes. Stir in the butter and then the cornstarch mixture, cooking until the sauce is thickened. Season with salt and pepper to taste.

6. Serve:

Slice the pork tenderloin into medallions. Arrange on a platter or individual plates with roasted vegetables. Drizzle with apple brandy glaze and garnish with fresh parsley if desired.

This dish features a complex and flavorful stuffing of perennial pepperweed and wild mushrooms, paired with a rich apple brandy glaze for a sophisticated main course. The combination of savory pork, aromatic herbs, and a sweet-savory glaze makes for an impressive and delicious entree. Enjoy!

## Russian Olive-Infused Braised Beef Short Ribs with Pomegranate Glaze and Herb Polenta

### Ingredients:

#### For the Braised Beef Short Ribs:

- 4 lbs beef short ribs, bone-in
- Salt and freshly ground black pepper
- 2 tbsp olive oil
- 1 large onion, chopped
- 2 carrots, chopped
- 2 celery stalks, chopped
- 4 cloves garlic, minced
- 1 cup Russian olive berries (or substitute with dried Russian olive berries, soaked in warm water)
- 1 cup dry red wine
- 2 cups beef broth
- 1 cup pomegranate juice
- 1 tbsp tomato paste
- 2 sprigs fresh rosemary
- 2 sprigs fresh thyme
- 1 bay leaf

#### For the Pomegranate Glaze:

- 1 cup pomegranate juice
- 2 tbsp honey
- 1 tbsp balsamic vinegar
- 1 tsp cornstarch mixed with 1 tbsp water (for thickening)
- Salt and freshly ground black pepper to taste

#### For the Herb Polenta:

- 1 cup polenta
- 3 cups water or chicken broth
- 1/2 cup grated Parmesan cheese
- 2 tbsp unsalted butter
- 2 tbsp fresh parsley, chopped
- 1 tbsp fresh thyme, chopped
- Salt and freshly ground black pepper to taste

### Instructions:

1. Prepare the Short Ribs:



Preheat your oven to 325°F (163°C). Season the beef short ribs generously with salt and pepper. Heat olive oil in a large, ovenproof Dutch oven or heavy pot over medium-high heat. Sear the short ribs on all sides until browned, about 3-4 minutes per side. Remove the ribs and set aside.

## 2. Prepare the Braising Liquid:

In the same pot, add the chopped onion, carrots, and celery. Cook until softened, about 5-7 minutes. Stir in the minced garlic and cook for an additional 30 seconds. Add the tomato paste and cook for 1 minute.

Pour in the red wine and scrape up any browned bits from the bottom of the pot. Add the beef broth, pomegranate juice, and Russian olive berries. Return the short ribs to the pot and add the rosemary, thyme, and bay leaf. Bring to a simmer.

## 3. Braise the Short Ribs:

Cover the pot and transfer it to the preheated oven. Braise the short ribs for 2.5 to 3 hours, or until the meat is tender and easily pulls away from the bone. Check occasionally, and add more broth if needed to keep the meat partially submerged.

## 4. Make the Pomegranate Glaze:

While the short ribs are braising, prepare the pomegranate glaze. In a small saucepan, combine the pomegranate juice, honey, and balsamic vinegar. Bring to a boil and then reduce to a simmer until the liquid is reduced by half and slightly thickened. Stir in the cornstarch mixture if needed to thicken further. Season with salt and pepper to taste.

## 5. Prepare the Herb Polenta:

In a medium saucepan, bring the water or chicken broth to a boil. Slowly whisk in the polenta, reducing the heat to low. Cook, stirring frequently, until the polenta is thickened and creamy, about 20-25 minutes. Stir in the Parmesan cheese, butter, fresh parsley, and thyme. Season with salt and pepper to taste.

## 6. Finish and Serve:

Once the short ribs are done braising, remove them from the pot and keep warm. Strain the braising liquid to remove solids, then reduce it over medium heat until slightly thickened. Adjust seasoning if necessary.

Slice or serve the short ribs whole over a bed of herb polenta. Drizzle with pomegranate glaze and spoon some of the reduced braising liquid over the top. Garnish with additional fresh herbs if desired.

## Chicory Root and Wild Mushroom-Stuffed Acorn Squash with Sage Brown Butter Sauce

### Ingredients:

#### For the Stuffed Acorn Squash:

- 2 large acorn squashes, halved and seeds removed
- 2 tbsp olive oil
- Salt and freshly ground black pepper
- 1 cup chicory root, peeled and finely diced
- 2 cups wild mushrooms (such as shiitake, oyster, or chanterelle), finely chopped
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- 1/2 cup cooked quinoa or farro
- 1/4 cup chopped walnuts, toasted
- 1/4 cup dried cranberries, chopped
- 1/2 cup grated Gruyère cheese (or a vegan alternative)
- 1 tbsp fresh thyme, chopped
- 1 tbsp fresh rosemary, chopped
- 1 tbsp balsamic vinegar

#### For the Sage Brown Butter Sauce:

- 1/2 cup unsalted butter (or vegan butter)
- 8-10 fresh sage leaves
- 1 tbsp lemon juice
- 1 tbsp maple syrup (or honey for non-vegan option)
- Salt and freshly ground black pepper to taste

#### For Garnish:

- Fresh parsley, chopped
- Extra toasted walnuts

### Instructions:

#### 1. Prepare the Acorn Squash:

Preheat your oven to 400°F (200°C). Brush the cut sides of the acorn squash halves with olive oil and season with salt and pepper. Place the squash cut-side down on a baking sheet and roast for 30-35 minutes, or until tender. Flip them cut-side up once they're partially roasted.

#### 2. Prepare the Stuffing:

While the squash is roasting, heat olive oil in a large skillet over medium heat. Add the chopped onion and cook until translucent, about 5 minutes. Stir in the minced garlic and cook for another 30 seconds. Add the diced chicory root and cook until softened, about 8 minutes.

Add the wild mushrooms and cook until they release their moisture and become golden brown, about 10 minutes. Stir in the cooked quinoa or farro, toasted walnuts, dried cranberries, and Gruyère cheese. Mix in the fresh thyme, rosemary, and balsamic vinegar. Season with salt and pepper to taste.

### 3. Stuff the Squash:

Remove the partially roasted squash from the oven. Spoon the stuffing mixture into each acorn squash half, pressing it down gently. Return the stuffed squash to the oven and bake for an additional 15-20 minutes, or until the tops are golden and the stuffing is heated through.

### 4. Make the Sage Brown Butter Sauce:

In a small saucepan, melt the butter over medium heat. Continue cooking, swirling the pan occasionally, until the butter turns golden brown and has a nutty aroma, about 5 minutes. Add the sage leaves and cook until crispy, about 1-2 minutes. Remove from heat and stir in the lemon juice and maple syrup. Season with salt and pepper to taste.

### 5. Serve:

Spoon some of the sage brown butter sauce over the stuffed squash. Garnish with fresh parsley and extra toasted walnuts.

This vegetarian dish features a hearty and flavorful stuffing of chicory root and wild mushrooms, complemented by the rich and aromatic sage brown butter sauce. It's a sophisticated and complex main course perfect for a special occasion or a gourmet dinner. Enjoy!

## Desserts

### Broadleaf Plantain and Honey-Poached Pears with Almond Crumble

#### Ingredients:

##### For the Poached Pears:

- 4 ripe but firm pears, peeled, halved, and cored
- 1 cup water
- 1/2 cup honey
- 1/2 cup white wine (or apple cider for a non-alcoholic version)
- 1 cinnamon stick
- 2 cloves
- 1 vanilla bean, split and scraped (or 1 tsp vanilla extract)
- 1/2 cup broadleaf plantain leaves, finely chopped

##### For the Almond Crumble:

- 1/2 cup almonds, finely chopped
- 1/2 cup rolled oats
- 1/4 cup all-purpose flour
- 1/4 cup brown sugar
- 1/4 cup unsalted butter, chilled and cut into small pieces
- 1/4 tsp ground cinnamon

##### For Garnish:

- Fresh mint leaves
- A drizzle of honey (optional)

#### Instructions:

##### 1. Poach the Pears:

In a large saucepan, combine water, honey, white wine, cinnamon stick, cloves, and vanilla bean. Bring to a simmer over medium heat. Add the pear halves and cook gently for 15-20 minutes, or until the pears are tender but still hold their shape. Add the chopped broadleaf plantain leaves in the last 5 minutes of cooking. Remove pears and set aside.

##### 2. Prepare the Almond Crumble:

Preheat your oven to 350°F (175°C). In a mixing bowl, combine chopped almonds, rolled oats, flour, brown sugar, and ground cinnamon. Cut in the chilled butter using a pastry cutter or your fingers until the mixture resembles coarse crumbs.

Spread the crumble mixture evenly on a baking sheet and bake for 10-12 minutes, or until golden brown and crisp. Let cool.

3. Assemble the Dessert:

Place the poached pears on serving plates. Sprinkle the almond crumble over the top of each pear.

4. Garnish and Serve:

Garnish with fresh mint leaves and a drizzle of honey if desired.

This dessert combines the unique flavor of broadleaf plantain with the sweetness of honey-poached pears and a crunchy almond crumble, creating a sophisticated and balanced end to a meal. Enjoy!

## Broadleaf Plantain and Dark Chocolate Chip Cookies

### Ingredients:

- 1 cup unsalted butter, room temperature
- 1 cup granulated sugar
- 1/2 cup brown sugar, packed
- 2 large eggs
- 1 teaspoon vanilla extract
- 2 1/2 cups all-purpose flour
- 1 teaspoon baking soda
- 1/2 teaspoon baking powder
- 1/4 teaspoon salt
- 1 cup dark chocolate chips
- 1/2 cup finely chopped broadleaf plantain leaves, lightly dried and crushed
- Optional: sea salt flakes for sprinkling

### Instructions:

#### 1. Prepare the Dough:

Preheat your oven to 350°F (175°C) and line baking sheets with parchment paper.

In a large bowl, cream together the butter, granulated sugar, and brown sugar until light and fluffy. Beat in the eggs one at a time, then mix in the vanilla extract.

In a separate bowl, whisk together flour, baking soda, baking powder, and salt. Gradually add the dry ingredients to the wet ingredients, mixing until just combined. Stir in the dark chocolate chips and finely chopped broadleaf plantain leaves.

#### 2. Shape the Cookies:

Drop rounded tablespoons of dough onto the prepared baking sheets, spacing them about 2 inches apart. If desired, sprinkle a few sea salt flakes on top of each cookie before baking.

#### 3. Bake the Cookies:

Bake for 10-12 minutes, or until the edges are golden brown and the centers are set. Allow the cookies to cool on the baking sheets for 5 minutes, then transfer them to a wire rack to cool completely.

Knotweed Compote and Vanilla Bean Panna Cotta with Lemon Biscuit Crumble

## Ingredients:

### For the Knotweed Compote:

- 1 cup knotweed stalks, chopped into small pieces
- 1/2 cup granulated sugar
- 1/4 cup water
- 1 tablespoon lemon juice
- 1 teaspoon fresh ginger, grated (optional)
- 1/2 teaspoon vanilla extract

### For the Vanilla Bean Panna Cotta:

- 1 1/2 cups heavy cream
- 1/2 cup whole milk
- 1/2 cup granulated sugar
- 1 vanilla bean, split and scraped (or 1 tablespoon vanilla extract)
- 1/4 cup cold water
- 1 packet (2 1/4 teaspoons) unflavored gelatin

### For the Lemon Biscuit Crumble:

- 1 cup all-purpose flour
- 1/2 cup granulated sugar
- 1/2 teaspoon baking powder
- 1/4 teaspoon salt
- 1/4 cup unsalted butter, cold and cut into small pieces
- 1 tablespoon lemon zest
- 1/4 cup buttermilk

### For Garnish:

- Fresh mint leaves
- Lemon zest (optional)

## Instructions:

### 1. Prepare the Knotweed Compote:

In a medium saucepan, combine the chopped knotweed, sugar, water, and lemon juice. Cook over medium heat, stirring occasionally, until the knotweed is tender and the mixture has thickened, about 10-15 minutes. If using, add the grated ginger in the last 5 minutes of cooking. Stir in the vanilla extract. Remove from heat and let cool.

### 2. Make the Vanilla Bean Panna Cotta:

In a small bowl, sprinkle the gelatin over the cold water and let it bloom for about 5 minutes.

In a medium saucepan, heat the heavy cream, milk, and sugar over medium heat until the sugar has dissolved and the mixture is hot but not boiling. Remove from heat and stir in the vanilla bean seeds and pod (or vanilla extract).

Add the bloomed gelatin to the hot cream mixture and stir until completely dissolved. Strain the mixture through a fine sieve into a large measuring jug or bowl to remove the vanilla bean pod.

Pour the panna cotta mixture into serving glasses or ramekins and refrigerate for at least 4 hours, or until set.

### 3. Prepare the Lemon Biscuit Crumble:

Preheat your oven to 350°F (175°C). In a mixing bowl, combine flour, sugar, baking powder, salt, and lemon zest. Cut in the cold butter using a pastry cutter or your fingers until the mixture resembles coarse crumbs. Stir in the buttermilk until just combined.

Spread the crumble mixture evenly on a baking sheet and bake for 15-20 minutes, or until golden brown and crisp. Let cool, then break into small pieces.

### 4. Assemble the Dessert:

Once the panna cotta has set, spoon a generous amount of knotweed compote over each panna cotta. Top with lemon biscuit crumble.

### 5. Garnish and Serve:

Garnish with fresh mint leaves and additional lemon zest if desired.

This dessert showcases the tart and refreshing flavor of knotweed in a compote, paired with the creamy, delicate panna cotta and crunchy lemon biscuit crumble. It's a sophisticated and unique end to any meal. Enjoy!



## Knotweed and Berry Tart with Almond Crust and Coconut Whipped Cream

### Ingredients:

#### For the Almond Crust:

- 1 1/2 cups almond flour
- 1/4 cup granulated sugar
- 1/4 cup unsalted butter, melted
- 1/4 teaspoon salt
- 1 large egg white

#### For the Knotweed and Berry Filling:

- 1 cup knotweed stalks, chopped into small pieces
- 1/2 cup granulated sugar
- 1/4 cup water
- 1 teaspoon lemon juice
- 1 cup mixed berries (such as raspberries, blueberries, and blackberries)
- 1 tablespoon cornstarch mixed with 1 tablespoon water (for thickening)

#### For the Coconut Whipped Cream:

- 1 can (14 oz) full-fat coconut milk, chilled overnight
- 2 tablespoons powdered sugar
- 1 teaspoon vanilla extract

#### For Garnish:

- Fresh mint leaves
- Extra mixed berries

### Instructions:

#### 1. Prepare the Almond Crust:

Preheat your oven to 350°F (175°C). In a medium bowl, combine almond flour, sugar, melted butter, salt, and egg white. Mix until the dough comes together.

Press the almond mixture evenly into the bottom and up the sides of a tart pan (about 9 inches in diameter) to form the crust. Use the back of a spoon to press it down firmly.

Bake the crust for 10-12 minutes, or until golden brown. Allow it to cool completely.

#### 2. Make the Knotweed and Berry Filling:

In a medium saucepan, combine the chopped knotweed, sugar, water, and lemon juice. Cook over medium heat until the knotweed is tender and the mixture has thickened slightly, about 10 minutes.

Stir in the mixed berries and cook for another 3-5 minutes, until the berries are softened. Stir in the cornstarch mixture and cook until the filling is thickened. Remove from heat and let cool slightly.

### 3. Assemble the Tart:

Once the almond crust has cooled, spoon the knotweed and berry filling into the crust, spreading it evenly.

### 4. Prepare the Coconut Whipped Cream:

Open the chilled coconut milk can and scoop out the solidified cream into a mixing bowl, leaving the liquid behind (you can use this for smoothies or other recipes).

Using an electric mixer, beat the coconut cream until light and fluffy. Add powdered sugar and vanilla extract, and continue to whip until well combined.

### 5. Serve:

Spoon or pipe the coconut whipped cream onto the tart, either in dollops or a decorative pattern.

Garnish with fresh mint leaves and extra mixed berries.

### 6. Chill and Enjoy:

Refrigerate the tart for at least 1 hour to let the flavors meld and the whipped cream set. Slice and serve chilled.

This dessert features a delightful combination of tangy knotweed and sweet berries in a crisp almond crust, topped with airy coconut whipped cream for a sophisticated and refreshing treat. Enjoy!

## Orange Hawkweed Gelato with Roasted Almonds and Citrus Caramel Sauce

### Ingredients:

#### For the Orange Hawkweed Gelato:

- 1 1/2 cups whole milk
- 1 cup heavy cream
- 3/4 cup granulated sugar
- 1/4 cup honey
- 1 tablespoon dried orange hawkweed flowers
- 1 vanilla bean, split and scraped (or 1 tablespoon vanilla extract)
- 5 large egg yolks
- Zest of 1 lemon
- Zest of 1 orange

#### For the Roasted Almonds:

- 1/2 cup whole almonds, lightly toasted
- 1 tablespoon granulated sugar
- Pinch of salt

#### For the Citrus Caramel Sauce:

- 1 cup granulated sugar
- 1/4 cup water
- 1/2 cup heavy cream
- 1 tablespoon butter
- 1 teaspoon lemon juice
- 1 teaspoon orange juice
- Pinch of salt

#### For Garnish:

- Fresh mint leaves
- Additional orange zest (optional)

### Instructions:

#### 1. Prepare the Gelato Base:

In a medium saucepan, combine the milk, cream, sugar, honey, and dried orange hawkweed flowers. Heat over medium heat until the mixture is hot but not boiling. Remove from heat and let steep for 10 minutes.

Strain the mixture through a fine sieve to remove the orange hawkweed flowers.

In a separate bowl, whisk together the egg yolks. Gradually add a small amount of the hot cream mixture to the yolks, whisking constantly to temper them. Return the mixture to the saucepan and cook over medium heat, stirring constantly, until it thickens slightly and coats the back of a spoon (about 170°F or 77°C).

Remove from heat and stir in the vanilla extract, lemon zest, and orange zest. Cool the mixture to room temperature, then refrigerate for at least 4 hours or overnight.

## 2. Churn the Gelato:

Once chilled, pour the mixture into an ice cream maker and churn according to the manufacturer's instructions until it reaches a soft-serve consistency. Transfer the gelato to a container and freeze until firm, at least 2 hours.

## 3. Prepare the Roasted Almonds:

Preheat your oven to 350°F (175°C). Spread the almonds on a baking sheet and toast in the oven for 8-10 minutes, or until golden and fragrant. Remove from the oven and toss with granulated sugar and a pinch of salt. Let cool, then chop coarsely.

## 4. Make the Citrus Caramel Sauce:

In a medium saucepan, combine granulated sugar and water. Cook over medium heat, swirling the pan occasionally, until the sugar dissolves and turns a deep amber color (about 10 minutes).

Remove from heat and carefully whisk in the heavy cream (the mixture will bubble vigorously). Add the butter, lemon juice, orange juice, and a pinch of salt. Whisk until smooth and well combined. Let cool slightly.

## 5. Assemble the Dessert:

Scoop the orange hawkweed gelato into serving bowls. Drizzle with the citrus caramel sauce and sprinkle with roasted almonds.

## 6. Garnish and Serve:

Garnish with fresh mint leaves and additional orange zest if desired.

This dessert features the unique flavor of orange hawkweed in a creamy gelato, complemented by the crunch of roasted almonds and the richness of citrus caramel sauce. It's an elegant and refreshing way to enjoy the distinctive taste of orange hawkweed. Enjoy!

## Orange Hawkweed Muffins with Citrus Glaze

### Ingredients:

#### For the Muffins:

- 1 1/2 cups all-purpose flour
- 1/2 cup granulated sugar
- 1/4 cup packed brown sugar
- 1/2 cup unsalted butter, melted
- 1/2 cup whole milk
- 2 large eggs
- 1 teaspoon vanilla extract
- 1 tablespoon dried orange hawkweed flowers
- 2 teaspoons baking powder
- 1/4 teaspoon salt
- Zest of 1 orange
- Zest of 1 lemon

#### For the Citrus Glaze:

- 1 cup powdered sugar
- 2 tablespoons freshly squeezed orange juice
- 1 tablespoon freshly squeezed lemon juice
- 1/2 teaspoon lemon zest

#### For Garnish:

- Additional orange zest (optional)

### Instructions:

#### 1. Prepare the Muffin Batter:

Preheat your oven to 375°F (190°C) and line a muffin tin with paper liners.

In a large bowl, whisk together flour, granulated sugar, brown sugar, baking powder, and salt. In a separate bowl, combine melted butter, milk, eggs, and vanilla extract. Stir in the dried orange hawkweed flowers, orange zest, and lemon zest.

Add the wet ingredients to the dry ingredients and mix until just combined. Do not overmix; it's okay if there are a few lumps.

#### 2. Bake the Muffins:

Divide the muffin batter evenly among the muffin cups, filling each about 3/4 full. Bake for 18-20 minutes, or until a toothpick inserted into the center of a muffin comes out clean.

Remove from the oven and allow the muffins to cool in the tin for 5 minutes, then transfer to a wire rack to cool completely.

3. Prepare the Citrus Glaze:

In a small bowl, whisk together powdered sugar, orange juice, lemon juice, and lemon zest until smooth. If the glaze is too thick, add a little more juice; if too thin, add a bit more powdered sugar.

4. Glaze the Muffins:

Once the muffins are completely cool, drizzle the citrus glaze over the tops. Let the glaze set before serving.

5. Garnish and Serve:

Optionally, sprinkle with additional orange zest for extra flavor and decoration.

These muffins feature the unique floral notes of orange hawkweed and are enhanced by a bright citrus glaze, making them a delicious and sophisticated treat for any time of day. Enjoy!

## Dandelion and Lemon Shortbread Cookies

### Ingredients:

- 1 cup unsalted butter, room temperature
- 1/2 cup granulated sugar
- 1/4 cup powdered sugar
- 1/4 cup finely chopped dandelion petals (fresh or dried)
- Zest of 1 lemon
- 1 teaspoon lemon juice
- 2 cups all-purpose flour
- 1/4 teaspoon salt
- Optional: additional powdered sugar for dusting

### Instructions:

#### 1. Prepare the Dough:

Preheat your oven to 325°F (165°C) and line baking sheets with parchment paper.

In a large bowl, cream together the butter, granulated sugar, and powdered sugar until light and fluffy. Mix in the chopped dandelion petals, lemon zest, and lemon juice.

In a separate bowl, whisk together flour and salt. Gradually add the dry ingredients to the wet ingredients, mixing until just combined.

#### 2. Shape the Cookies:

On a lightly floured surface, roll out the dough to about 1/4-inch thickness. Cut out cookies using your preferred shapes or a cookie cutter. Place the cookies on the prepared baking sheets.

#### 3. Bake the Cookies:

Bake for 12-15 minutes, or until the edges are just starting to turn golden. Allow the cookies to cool on the baking sheets for a few minutes, then transfer them to a wire rack to cool completely.

#### 4. Optional: Dust with Powdered Sugar:

Once cooled, dust the cookies with additional powdered sugar if desired.

These shortbread cookies combine the unique flavor of dandelion petals with zesty lemon, creating a fragrant and buttery treat. Enjoy!

Perennial Pepperweed and Lemon Bundt Cake

### Ingredients:

For the Cake:

- 1 1/2 cups all-purpose flour
- 1 cup granulated sugar
- 1/2 cup unsalted butter, softened
- 1/2 cup plain Greek yogurt
- 1/2 cup whole milk
- 2 large eggs
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1 tablespoon finely chopped fresh perennial pepperweed leaves (or 1 teaspoon dried pepperweed, finely crushed)
- Zest of 1 lemon
- 2 tablespoons freshly squeezed lemon juice
- 1 teaspoon vanilla extract

For the Lemon Glaze:

- 1 cup powdered sugar
- 2-3 tablespoons freshly squeezed lemon juice
- Zest of 1 lemon

For Garnish:

- Additional finely chopped perennial pepperweed leaves (optional)
- Lemon zest

Instructions:

1. Prepare the Cake Batter:

Preheat your oven to 350°F (175°C). Grease and flour a bundt pan or spray it with non-stick baking spray.

In a medium bowl, whisk together flour, baking powder, baking soda, and salt. Stir in the finely chopped perennial pepperweed leaves.

In a large bowl, cream together the butter and granulated sugar until light and fluffy. Beat in the eggs one at a time, then mix in the vanilla extract, lemon zest, and lemon juice.

Gradually add the dry ingredients to the wet ingredients, alternating with the milk and Greek yogurt, beginning and ending with the dry ingredients. Mix until just combined.



2. Bake the Cake:

Pour the batter into the prepared bundt pan and smooth the top. Bake for 35-40 minutes, or until a toothpick inserted into the center comes out clean.

Allow the cake to cool in the pan for 10 minutes before transferring it to a wire rack to cool completely.

3. Prepare the Lemon Glaze:

In a small bowl, whisk together powdered sugar, lemon juice, and lemon zest until smooth. Adjust the consistency as needed by adding more lemon juice or powdered sugar.

4. Glaze the Cake:

Once the cake has cooled completely, drizzle the lemon glaze over the top, allowing it to cascade down the sides.

5. Garnish and Serve:

Garnish with additional finely chopped perennial pepperweed leaves and lemon zest if desired.

This cake incorporates the unique flavor of perennial pepperweed into a light and zesty lemon bundt cake, offering a delightful twist on a classic dessert. Enjoy!

## Chicory Root Brownies

### Ingredients:

- 1/2 cup unsalted butter
- 1 cup granulated sugar
- 1/2 cup packed brown sugar
- 2 large eggs
- 1 teaspoon vanilla extract
- 1/2 cup cocoa powder
- 1/2 cup finely ground chicory root (roasted and ground)
- 1 cup all-purpose flour
- 1/4 teaspoon salt
- 1/4 teaspoon baking powder
- 1/2 cup semi-sweet chocolate chips (optional)

### Instructions:

#### 1. Prepare the Batter:

Preheat your oven to 350°F (175°C). Grease and line an 8x8-inch baking pan with parchment paper.

In a medium saucepan, melt the butter over low heat. Remove from heat and stir in granulated sugar and brown sugar until well combined.

Beat in the eggs one at a time, then mix in the vanilla extract. Stir in cocoa powder and ground chicory root until smooth.

In a separate bowl, whisk together flour, salt, and baking powder. Gradually add the dry ingredients to the wet ingredients, mixing until just combined. Fold in chocolate chips if using.

#### 2. Bake the Brownies:

Pour the batter into the prepared pan and spread it evenly. Bake for 25-30 minutes, or until a toothpick inserted into the center comes out with a few moist crumbs.

Allow the brownies to cool in the pan on a wire rack before cutting into squares.

These brownies feature the earthy, slightly bitter notes of chicory root, paired with rich chocolate for a unique and delicious treat. Enjoy!

## Chicory Root and Dark Chocolate Mousse Cake

### Ingredients:

#### For the Chicory Root Sponge Cake:

- 1 cup all-purpose flour
- 1/2 cup granulated sugar
- 1/4 cup unsweetened cocoa powder
- 1 teaspoon baking powder
- 1/4 teaspoon salt
- 1/2 cup finely ground chicory root (roasted and ground)
- 1/2 cup unsalted butter, melted
- 2 large eggs
- 1/2 cup whole milk
- 1 teaspoon vanilla extract

#### For the Dark Chocolate Mousse:

- 8 oz dark chocolate (70% cocoa), chopped
- 1 cup heavy cream
- 3 large egg yolks
- 1/4 cup granulated sugar
- 1/4 cup strong brewed coffee (cooled)
- 1 teaspoon vanilla extract

#### For the Caramel Sauce:

- 1/2 cup granulated sugar
- 2 tablespoons unsalted butter
- 1/4 cup heavy cream
- A pinch of sea salt

#### For Garnish:

- Whipped cream
- Shaved dark chocolate
- Crushed chicory root (optional)

### Instructions:

#### 1. Prepare the Chicory Root Sponge Cake:

- Preheat your oven to 350°F (175°C). Grease and line an 8-inch round cake pan with parchment paper.

- In a medium bowl, whisk together flour, sugar, cocoa powder, baking powder, salt, and ground chicory root.
- In a separate bowl, mix melted butter, eggs, milk, and vanilla extract.
- Combine wet and dry ingredients, mixing until just combined.
- Pour the batter into the prepared cake pan and bake for 20-25 minutes, or until a toothpick inserted into the center comes out clean.
- Allow the cake to cool completely in the pan, then remove and set aside.

## 2. Prepare the Dark Chocolate Mousse:

- Melt the dark chocolate in a heatproof bowl over a pot of simmering water (double boiler method), or microwave in short bursts until smooth. Let cool slightly.
- In a saucepan, heat 1/2 cup of heavy cream until just boiling. In a separate bowl, whisk together egg yolks and sugar.
- Gradually pour the hot cream into the egg yolks, whisking constantly, then return to the saucepan and cook over low heat, stirring constantly until the mixture thickens and coats the back of a spoon.
- Remove from heat and stir in the melted chocolate, coffee, and vanilla extract. Allow to cool slightly.
- Whip the remaining 1/2 cup of heavy cream until soft peaks form. Gently fold the whipped cream into the chocolate mixture until fully combined.
- Spread the mousse evenly over the cooled sponge cake. Refrigerate for at least 2 hours, or until set.

## 3. Prepare the Caramel Sauce:

- In a saucepan over medium heat, melt the granulated sugar until it turns a deep amber color. Carefully add the butter and stir until melted and combined.
- Gradually whisk in the heavy cream until smooth. Stir in a pinch of sea salt.
- Remove from heat and let cool slightly before using.

## 4. Assemble and Garnish:

- Once the mousse has set, drizzle the caramel sauce over the top of the mousse layer.
- Garnish with whipped cream, shaved dark chocolate, and a sprinkle of crushed chicory root if desired.

## 5. Serve:

- Slice and serve the cake chilled. Enjoy the rich, complex flavors of chicory root and dark chocolate in every bite!

## Wild Watercress and Lemon Curd Tart with a Chicory Root Crust

### Ingredients:

#### For the Chicory Root Crust:

- 1 1/2 cups all-purpose flour
- 1/4 cup finely ground roasted chicory root
- 1/4 cup granulated sugar
- 1/2 teaspoon salt
- 1/2 cup unsalted butter, cold and cut into cubes
- 1 large egg yolk
- 1-2 tablespoons ice water

#### For the Wild Watercress and Lemon Curd Filling:

- 1 cup fresh wild watercress, stems removed
- 1 cup granulated sugar
- 1/2 cup freshly squeezed lemon juice (about 3 lemons)
- Zest of 2 lemons
- 4 large eggs
- 1/2 cup unsalted butter, cut into small pieces

#### For the Meringue Topping:

- 4 large egg whites
- 1/2 teaspoon cream of tartar
- 1 cup granulated sugar

#### For Garnish:

- Fresh wild watercress leaves
- Lemon zest

### Instructions:

#### 1. Prepare the Chicory Root Crust:

- Preheat your oven to 350°F (175°C). Grease and flour a 9-inch tart pan with a removable bottom.
- In a food processor, combine flour, ground chicory root, sugar, and salt. Add the cold butter and pulse until the mixture resembles coarse crumbs.
- Add the egg yolk and pulse to combine. Gradually add ice water, 1 tablespoon at a time, until the dough comes together.
- Press the dough into the bottom and up the sides of the tart pan. Chill in the refrigerator for 30 minutes.

- Bake the crust for 15-20 minutes, or until lightly golden. Let it cool completely.

## 2. Prepare the Wild Watercress and Lemon Curd Filling:

- In a blender or food processor, blend the wild watercress until smooth. Set aside.
- In a heatproof bowl over a pot of simmering water (double boiler method), combine sugar, lemon juice, lemon zest, and eggs. Whisk constantly until the mixture thickens and coats the back of a spoon, about 8-10 minutes.
- Remove from heat and whisk in the butter until fully melted and incorporated. Stir in the blended wild watercress.
- Pour the lemon watercress curd into the cooled tart crust and smooth the top. Refrigerate for at least 2 hours, or until set.

## 3. Prepare the Meringue Topping:

- In a clean, dry mixing bowl, beat egg whites and cream of tartar with an electric mixer on medium speed until soft peaks form.
- Gradually add sugar, 1 tablespoon at a time, and continue beating until stiff, glossy peaks form.

## 4. Assemble and Garnish:

- Preheat your oven's broiler.
- Spoon or pipe the meringue over the chilled lemon curd filling, creating peaks and swirls.
- Place the tart under the broiler for 1-2 minutes, or until the meringue is golden brown. Watch closely to avoid burning.

## 5. Serve:

- Garnish with fresh wild watercress leaves and additional lemon zest if desired.
- Slice and serve chilled.

This tart features a unique combination of wild watercress and lemon curd with a chicory root crust, topped with a beautifully browned meringue. The complex flavors and textures make for an elegant and delicious dessert. Enjoy!

## Perennial Pepperweed and Dark Chocolate Tiramisu

### Ingredients:

#### For the Perennial Pepperweed Infused Mascarpone Cream:

- 1 cup heavy cream
- 8 oz mascarpone cheese, softened
- 1/2 cup granulated sugar
- 1 teaspoon vanilla extract
- 2 tablespoons finely chopped perennial pepperweed leaves (fresh or dried)

#### For the Dark Chocolate Ganache:

- 6 oz dark chocolate (70% cocoa), chopped
- 1/2 cup heavy cream

#### For Assembly:

- 1 cup strong brewed coffee, cooled
- 2 tablespoons coffee liqueur (optional)
- 24-30 ladyfingers (savoiardi)
- Unsweetened cocoa powder, for dusting
- Additional perennial pepperweed leaves for garnish (optional)

### Instructions:

#### 1. Prepare the Perennial Pepperweed Infused Mascarpone Cream:

- In a mixing bowl, beat the heavy cream until soft peaks form.
- In a separate bowl, blend the mascarpone cheese, sugar, and vanilla extract until smooth.
- Gently fold the whipped cream into the mascarpone mixture until fully combined.
- Stir in the finely chopped perennial pepperweed leaves. Refrigerate while preparing the other components.

#### 2. Prepare the Dark Chocolate Ganache:

- Heat the heavy cream in a small saucepan until it just begins to simmer. Remove from heat and add the chopped dark chocolate. Let it sit for 2-3 minutes, then stir until smooth and glossy. Allow to cool slightly.

#### 3. Assemble the Tiramisu:

- In a shallow dish, combine the brewed coffee and coffee liqueur (if using).
- Briefly dip each ladyfinger into the coffee mixture, ensuring they are soaked but not overly soggy.
- Arrange a layer of dipped ladyfingers in the bottom of a serving dish or individual glasses.

- Spread a layer of the perennial pepperweed mascarpone cream over the ladyfingers.
- Drizzle a layer of dark chocolate ganache over the mascarpone cream.
- Repeat the layers, ending with a layer of mascarpone cream.

#### 4. Chill and Garnish:

- Cover and refrigerate the tiramisu for at least 4 hours, or overnight, to allow the flavors to meld and the dessert to set.
- Before serving, dust the top with unsweetened cocoa powder and garnish with additional perennial pepperweed leaves if desired.

#### 5. Serve:

- Serve chilled and enjoy the complex flavors of dark chocolate and the unique, peppery notes of perennial pepperweed in this elegant tiramisu.

This tiramisu combines the rich, smooth flavors of dark chocolate with the distinctive kick of perennial pepperweed, creating a complex and refined dessert experience.