

Recipes



Nasturtium, *Tropaeolum majus*

Tips for Using Nasturtiums:

- Flowers add color and mild pepper flavor to dishes. Leaves have a stronger flavor.
- Wash flowers and leaves in cool water and blot dry before use.
- Stuff whole flowers with herbed goat or cream cheese, tuna or chicken salad, and dips like guacamole.
- Mix flower petals and leaves into green salads, add as an edible garnish to salads, soups and charcuterie boards.
- Chop flower petals and mix in with other herbs to create a compound butter.
- Seeds can be pickled and used like capers.
- The foliage adds a watercress-like flavor in salads and sandwiches, tossed with pasta or grain dishes and is more pungent than the milder flowers. Younger leaves are more tender and not bitter.

Nasturtium-Chive Vinegar

Besides making oil and vinegar dressings, add a splash to enhance a simple butter sauce for seafood or a pan sauce for sautéed meat. Or use a little to perk up sautéed cabbage and slaw or add life to store-bought mayo.

1 12-16 ounce bottle of unseasoned white rice vinegar or white wine vinegar

6-8 nasturtium leaves, plus 3 or 4 nasturtium blooms

1 small handful of fresh chives or garlic chives (including blooms, if desired), optional

Cut fresh, organic nasturtium leaves, and blooms and some chives or garlic chives. Discard any brown, yellowed or bruised leaves. Wash gently but thoroughly under cool water. Pat dry with paper towels.

Push the sprigs down into a nearly full bottle of vinegar (a fondue fork is great for this but a long skewer can be used). Or, pour vinegar into a larger jar or bottle, add herbs and cap with a cork or nonreactive top. Be sure the herbs are completely submerged. Let the mixture steep at least a few days so the flavor can develop before using.

adapted from Nancy Baggett, kitchenlane.com

Nasturtium Vinaigrette

The fresh, bright hues of the nasturtium blooms and chives will gradually fade over several hours, so this lightly-flavored vinaigrette will be most colorful if served shortly after being made. However, it will keep for 4 or 5 days in the refrigerator. In this case, bring it to room temperature (so the olive oil can become fluid again) before serving.

Use over mesclun or any other greens you like. Add a few cherry tomatoes or some diced cucumber to

your salad, if desired. Tip: Be sure to use an unseasoned (no salt, sugar or herbs added) rice vinegar. OH 44094

Tip: It is fine to use mostly leaves in the vinaigrette if you have only a few blooms and need to reserve them for the salad. The dressing just won't be as colorful.

⅓ cup unseasoned rice vinegar (or nasturtium-chive vinegar)
¼ cup chopped nasturtium tender leaves (no stems) and blooms
1 to 2 tablespoons snipped or chopped fresh chives

2 to 2 ½ teaspoons granulate sugar, to taste
1 teaspoon prepared mustard, preferably Dijon
¼ teaspoon each sea salt and fresh ground black pepper
⅓ cup extra-virgin olive oil, or a little more to taste

In a deep, medium, non-reactive bowl, whisk together the rice vinegar, nasturtiums, chives, sugar, mustard, salt and pepper. Continue whisking until the salt is completely dissolved. Gradually whisk in the oil until all is incorporated; use 7 tablespoons for a slightly milder dressing. Taste and add more salt and pepper if desired. Let the vinaigrette stand a few minutes at room temperature before serving to allow the flavors to mingle. Whisk, stir vigorously, or put in a cruet or jar and shake well to blend before adding to whatever greens, vegetables, and accenting nasturtiums you desire. Add the dressing, toss, and serve immediately or serve individual salad plates and allow diners to drizzle on dressing to taste. Makes ⅔ cup vinaigrette.

Nancy Baggett, kitchenlane.com

Nasturtium Butter

3 tablespoons chopped nasturtium flowers (red, yellow, and/or orange)
½ teaspoon kosher salt
½ cup (1 stick) room-temperature unsalted butter
Freshly ground black pepper

Mix 3 tablespoons chopped nasturtium flowers and ½ teaspoon kosher salt into ½ cup (1 stick) room temperature unsalted butter in a small bowl. Season with freshly ground black pepper. Place on parchment or waxed paper and roll up into a log. Chill until firm, 1 hour. Do ahead: butter can be made 2 days ahead. Keep chilled.

Bon Appetit, May 2015, epicurious.com

Basil & Nasturtium Salad

1 cup basil leaves
1 cup nasturtium leaves
7 cups baby salad greens
½ teaspoon kosher salt

4 ripe plums, seeded and quartered
½ cup toasted pecans
12 nasturtium blossoms
⅓ (+2 tablespoons) cups lemon vinaigrette

Place basil, nasturtium leaves, and salad greens in a large bowl. Sprinkle salt over salad mix. Pour ⅓ cup vinaigrette over salad, gently tossing.

Divide salad between 4 salad plates, top with plum quarters and pecans. Drizzle remaining vinaigrette over salads. Top each plate with 3 nasturtium blossoms. Serves 4

cookwithsusan, July 6, 2010, Food52

Stuffed Nasturtium Flowers

Nasturtium flowers are more than just beautiful, they are delicious! They have a wonderful spicy, peppery flavor, a little like a radish, only sweeter and tangier.

12 nasturtium flowers (whole)
1 8-ounce package cream cheese, softened
1 garlic clove, minced fine
½ tablespoon fresh chives (you may use or
include chive blossoms, chopped)

1 tablespoon chopped fresh lemon verbena (or
lemon basil, lemon catnip, or lemon zest)
Salt and pepper (optional)

Make sure flowers are clean and dry. Pick as close to serving time as possible, but definitely the same day. Store in the refrigerator until ready to use.

Mix cream cheese thoroughly with herbs. Season to taste. Place 1 or 2 teaspoons of mixture (depending on size of flower) in center of flower. Pull petals upwards to cover the cheese as much as possible. Press lightly into cheese to stick. This makes 4 servings, 4 stuffed flowers per person.

Sharon123, food.com

**Do you have a recipe using Nasturtium flowers or leaves to share?
Please send it to educator@herbsociety.org**