

Arugula

Much loved by some and much hated by some, Arugula has a pungent flavor and is used almost as an herb in some recipes. Also known as "rocket" in Europe. From the latin root "roc" meaning "harsh" or "rough." Mediterranean origin.



TIPS:

Storage: See the Guidelines for storing Greens in the Storage Section of this handbook.

General Cooking Info: Baby arugula is great in salads, and you'll find it in some salad mixes from the farm. If you're getting bunched arugula, it will have more of a spicy bite to it. You may find you like it better slightly cooked. Just wilting it into hot pasta will cook it enough if chopped coarsely. Alternatively, arugula can be pureed into wonderful sauces, and dips.

Growing info: Grown in the spring and fall.

Common Problems: See kale.



arugula pesto



baby arugula

Easy Arugula Salad

4 cups young arugula leaves, rinsed and dried
 1 cup cherry tomatoes, halved
 1/4 cup pine nuts
 2 tablespoons grapeseed oil or olive oil
 1 tablespoon rice vinegar
 salt to taste
 freshly ground black pepper to taste
 1/4 cup grated Parmesan cheese
 1 large avocado - peeled, pitted and sliced
Directions
 1. In a large plastic bowl with a lid, combine arugula, cherry tomatoes, pine nuts, oil, vinegar, and Parmesan cheese. Season with salt and pepper to taste. Cover, and shake to mix.
 2. Divide salad onto plates, and top with slices of avocado.

from Allrecipes.com

Arugula Pesto

2 cups of packed arugula leaves, stems removed
 1/2 cup of shelled walnuts
 1/2 cup fresh Parmesan cheese
 1/2 cup extra virgin olive oil
 6 garlic cloves, unpeeled
 1/2 garlic clove peeled and minced
 1/2 teaspoon salt

Method

1 Brown 6 garlic cloves with their peels on in a skillet over medium high heat until the garlic is lightly browned in places, about 10 minutes. Remove the garlic from the pan, cool, and remove the skins.

2 Toast the nuts in a pan over medium heat until lightly brown, or heat in a microwave on high heat for a minute or two until you get that roasted flavor. In our microwave it takes 2 minutes.

3a Food processor method (the fast way): Combine the arugula, salt, walnuts, roasted and raw garlic into a food processor. Pulse while drizzling the olive oil into the processor. Remove the mixture from the processor and put it into a bowl. Stir in the Parmesan cheese.

3b Mortar and pestle method: Combine the nuts, salt and garlic in a mortar. With the pestle, grind until smooth. Add the cheese and olive oil, grind again until smooth. Finely chop the arugula and add it to the mortar. Grind up with the other ingredients until smooth.

Because the pesto is so dependent on the individual ingredients, and the strength of the ingredients depends on the season or variety, test it and add more of the ingredients to taste.

Serve with pasta, over freshly roasted potatoes, or as a sauce for pizza.

Makes 1 heaping cup.

from Simply Recipes.com

Arugula, Pasta and Cream

1 tablespoon good olive oil
 1 tablespoon minced garlic (2 cloves)
 2 cups heavy cream
 3 lemons
 Kosher salt and freshly ground black pepper
 1 bunch broccoli
 1 pound dried fusilli pasta
 1/2 pound baby arugula (or 2 bunches of common arugula, leaves cut in thirds)
 1/2 cup freshly grated Parmesan

1 pint grape or cherry tomatoes, halved

Heat the olive oil in a medium saucepan over medium heat, add the garlic, and cook for 60 seconds. Add the cream, the zest from 2 lemons, the juice of 2 lemons, 2 teaspoons of salt, and 1 teaspoon of pepper. Bring to a boil, then lower the heat and simmer for 15 to 20 minutes, until it starts to thicken.

Meanwhile, cut the broccoli in florets and discard the stem. Cook the florets in a pot of boiling salted water for 3 to 5 minutes, until tender but still firm. Drain the broccoli and run under cold water to stop the cooking. Set aside.

Bring a large pot of water to a boil, add 1 tablespoon of salt and the pasta, and cook according to the directions on the package, about 12 minutes, stirring occasionally. Drain the pasta in a colander and place it back into the pot. Immediately add the cream mixture and cook it over medium-low heat for 3 minutes, until most of the sauce has been absorbed in the pasta. Pour the hot pasta into a large bowl, add the arugula, Parmesan, tomatoes, and cooked broccoli. Cut the last lemon in half lengthwise, slice it 1/4-inch thick crosswise, and add it to the pasta. Toss well, season to taste, and serve hot.

from the Food Network