



Arugula

Also known as Roquette or Rocket

- Flavor is pungent and herb should be used sparingly at first
 - Has a peppery taste - akin to radishes
 - Also likened to horseradish, mustard, turnips
- Use sparingly in salads or by itself with only simple garlic vinaigrette as a dressing.
- Cook with other greens
- Blend shredded arugula with melted butter for seafood, potatoes and pasta
- Add to vegetable frittata
- Serve warm red-skinned potato salad over arugula
- Salad - arugula and cherry tomatoes.
 - sprinkle with coarsely grated mozzarella and offer a dressing made with a sharp mustard such as green peppercorn or green herb
- Toss with linguine - add pieces of sun-dried tomato and generous sprinkling of Parmesan cheese

Flowers

Possess a spicy aroma and the same taste as the leaves

Use ± in a "flower" tossed salad

± as a garnish

New Potatoes with Creamy Arugula Sauce

Arugula Salad with Orange Vinaigrette

1 ½ tablespoons white-wine vinegar

1 tablespoons fresh orange juice

¼ teaspoon Dijon mustard

¼ cup olive oil

4 cups loosely packed arugula

In a small bowl whisk together the *vinegar, orange juice, mustard* and *salt* and *pepper* to taste. Add the *oil* in a stream and whisk until the dressing is emulsified.

Rinse *arugula*, spin dry and remove coarse stems. Toss the *arugula* with the *vinaigrette*. Serves 3.

*It goes by many names:
In many parts of the United States it is also called rocket cress or garden rocket
In Italy—arugula, rugula or rucolo
In France—roquette*

New Potatoes with Creamy Arugula Sauce

*6 small red new potatoes
1 ½ T extra-virgin olive oil*

Dressing

*¾ cup arugula
2 tablespoons chopped walnuts
1 ½ teaspoons fresh lemon thyme or thyme leaves
½ teaspoon freshly ground pepper
1 ½ tablespoons olive oil
3 tablespoons whipping cream
¾ teaspoon (or more) fresh lemon juice*

*2 tablespoons chopped fresh mint leaves
Walnuts
Fresh mint sprigs
Borage flowers (optional)*

Cook potatoes until just tender. Cut into quarters and place into large bowl. Add 1/3 cup oil and mix to coat. Refrigerate while preparing dressing.

***For dressing:** Finely chop arugula and 1/2 cup walnuts with thyme and pepper in processor. With machine running, gradually add oil through feed tube. Gradually add cream through feed tube, blending with on/off turns. Mix in 1 tablespoon lemon juice.*

Pour dressing over potatoes. Add chopped mint and mix. Season with salt and more lemon juice if desired. Garnish with chopped walnuts, mint sprigs and borage flowers. Serve salad at room temperature. Serves 8