

# Garlic Mustard Recipe: Laminated Wild Ravioli

## Ingredients

For the pasta dough:

- 2 cups (240g) all-purpose flour
- Pinch of salt
- 1 tbsp. olive oil

For the Filling:

- 1 cup cashews
- 2 tbsp. nutritional yeast
- Juice of half a lemon
- ½ tsp. salt
- 2 ½ cups garlic mustard, well packed, separated (see instruction #3 for details in processing)

## Steps

1. The first step to making these raviolis is to go and harvest your garlic mustard. Since different plants have different amounts of leaves, it's hard to give you an exact number to shoot for, but I ended up using about 40 second year plants. Go ahead and pick extra, as this plant is very invasive in the US and won't be harmed by over picking.

2. Next make your pasta dough. Whisk to combine the salt and flour, and then add the olive oil and ½ cup of water. Use a spoon and then your hands to combine into a fairly dry, stiff dough. If needed, add a splash more water. Knead the dough for around 10 minutes, or until the dough becomes uniform and smooth. Cover with a clean dish cloth and set aside to rest for at least 20 minutes.

3. Process the garlic mustard. You will need roughly 2 cups of well packed leaves for the filling, and an additional ½ cup (don't pack this part!) of small leaves, flowers, and seed pods. Fill your sink or a large bowl up with cool water, and swish around the garlic mustard to clean it. Remove the leaves and flowers from the stems, placing the large leaves into a microwave safe bowl and placing the flowers and smaller leaves, along with the seed pods in a small bowl. From an aesthetic point of view, the small clusters of seed pods are the most stunning part, peeking through



the laminated pasta. Set the small bowl of flowers and set pods aside, and process the larger bowl by sprinkling with water and microwaving for 30 seconds, turning or mixing the leaves, and then microwaving for another 30 seconds. Use a knife to chop the leaves finely, and set aside.

4. To make the rest of the filling, boil your cashews for 10 minutes to soften, and then drain. Add them to a blender along with the nutritional yeast, salt, lemon juice, and  $\frac{1}{4}$  cup water. Blend into a smooth, soft-cheese like consistency, adding a little more water if needed. Then place the cashew mixture in a bowl with the chopped and microwaved garlic mustard, and stir to combine. Set aside.

5. It's time to make and assemble your ravioli- for this recipe I will be using a [pasta machine](#) to roll the dough (one where the largest setting is 0) and a 12 piece [ravioli press](#) to help form the ravioli- you can use other tools if you like, and just modify the instructions to work for you. Divide the dough into two equally weighted pieces, and use your pasta machine to roll the dough into a long thin strip- handle gently as it should be quite thin. Roll it through the pasta machine, lowering the setting, until you've reached 5 or 6 on your dial. Place the pasta on a clean and floured counter top, and repeat with the second half.

6. To laminate your pasta, cover one sheet with the garlic mustard leaves, flowers, and seed pods, distributing them evenly and not placing any within  $\frac{1}{4}$  inch of the edge. Cover with the second sheet of pasta, using your hands to gently press the two sheets together and push out any air bubbles. Then place your pasta machine on the first setting, and gently roll the laminated pasta through. Stop after you get to around setting #3 on your machine.

7. Make your ravioli by flouring the metal part of your ravioli press, and placing a layer of the laminated pasta dough on top cutting it to fit. Use the plastic dimpler to press the shape of the ravioli in, and then add about 1 tsp. of the cashew and garlic mustard filling into each pocket. Cover with a second piece of the laminated pasta dough (cutting it to fit), and go over the top of the press with a rolling pin, pushing to cut along the edges of the press. Flip the ravioli out of the press onto a floured baking sheet. If there are any places where the filling broke through, you can patch it with a little bit of spare dough. Otherwise, continue on until all the dough and/or filling is used.

8. Place a pot of water on to boil, and season with salt once boiling. Cook the ravioli in small batches, removing them from the water once they float to the top- they won't need more than a minute in the boiling water. Coat the ravioli with olive oil, and serve with freshly ground salt and pepper.