

Go Anywhere Knotweed Squares

Ingredients:

For bottom crust:

- 1 cup flour
- 1/3 cup confectioners sugar
- 1/3 cup butter (cold)

For filling:

- 2 eggs, lightly beaten
- 1 cup sugar
- 1/4 cup flour
- 1 teaspoon vanilla extract
- 1 teaspoon ground cinnamon
- 1/2 teaspoon allspice
- 1/2 teaspoon grated nutmeg
- 3 firmly-packed cups peeled Japanese Knotweed stalk pieces (chop or knead the peeled stalks into small pieces <1" long)

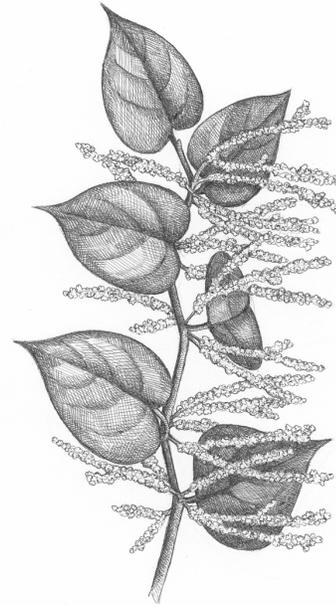


Illustration by Anne Hunter

Preheat oven to 350°F. Grease an 11" by 7" by 2" baking pan. Put crust ingredients into a food processor and pulverize until mixture resembles coarse crumbs. Press into the bottom of the baking pan and bake at 350°F for 12 minutes.

To make the filling, place all the ingredients except the Knotweed into a bowl and mix together; then stir in the Knotweed pieces. Pour filling mixture over the warm crust and spread evenly. Bake at 350°F for 35-40 minutes or until a toothpick stuck into it comes out clean. Cool on a wire rack. Cut into brownie-sized pieces and serve warm. Any leftovers can be stored in the refrigerator for use in the next few days or frozen for longer storage.

USED WITH PERMISSION FROM RUSS COHEN, AUTHOR OF *WILD PLANTS I HAVE KNOWN...AND EATEN*. Essex County Greenbelt Association, Inc. 2004.

Garlic Mustard Pesto

(makes about 2 cups)

This is a basic pesto sauce recipe where the garlic is reduced and the leaves from the garlic mustard plant are substituted for basil. For best flavor, gather leaves during early spring.

Strip the leaves from the plant; remove the stems, wash, and dry.

1 cup garlic mustard leaves

1 garlic clove

2 tablespoons pine nuts

Sea salt (use a pinch or two and adjust to taste)

1/2 cup olive oil

4 tablespoons Parmesan cheese, freshly grated

Place garlic mustard, garlic, salt and pine nuts in food processor; finely chop.

With food processor running, add olive oil in a thin stream.

Scrape sides to insure mix.

Continue to blend until the sauce is smooth.

Add Parmesan cheese, blend with sauce using pulse feature briefly.

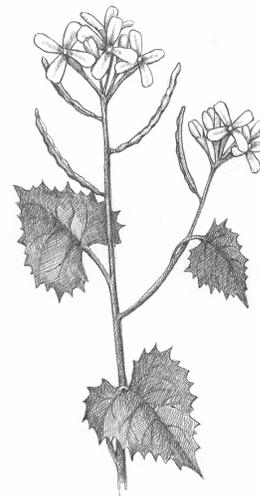


Illustration by Anne Hunter

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Stromboli using Garlic Mustard Pesto Sauce

This recipe uses simple baguette or French bread dough and makes four 9-ounce stromboli. Most any supple dough will work -- try whole wheat, buttermilk, or your favorite flavored dough. The filling is up to you. Any pizza topping is suitable.

4 1/2 cups unbleached all-purpose flour
(Alternatively: half all-purpose flour, half high-gluten bread flour)

1 tablespoons sea salt

1 tablespoons active dry yeast

1 1/2 cups water

(I prefer to use warm water, say 110 degrees F. Bread bakers will tell you that, ideally, the resulting dough should be in the temperature range of 75 to 78 degrees F.)

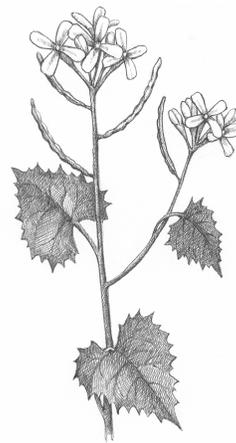


Illustration by Anne Hunter

Mix all ingredients in a bowl. Knead on counter for 10 minutes until the dough develops elasticity. Clean the bowl, oil it slightly, place the dough in the bowl, and cover with plastic wrap. Leave the dough at room temperature. Allow the dough to rise for one hour. Remove the dough from the bowl, fold it in half and place back in bowl. Do this again after another hour. Allow an additional hour for a total time of three hours.

Preheat oven to 350 F. Divide dough onto 4 pieces. Roll each into a triangle about 1/2 inch thick. On each dough triangle spread:

1/4 to 1/3 cup pesto sauce

1 cup shredded cheese (cheddar, mozzarella, Swiss, Monterey Jack or any other favorite)

1/2 cup pizza topping of your choice, such as tomatoes, onions, roasted red peppers, mushrooms...)

Starting from a point of the triangle, roll the dough, pinch closed the ends and the under seam. If you wish, brush the rolled dough with an egg wash (1 egg whisked in a cup of water) to give the baked stromboli a sheen. Place in the oven on a parchment-paper-lined cookie sheet for 25 minutes or until the internal temperature is 190 degrees F. Allow to cool slightly, then slice in 3/4 to 1-inch pieces.

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