

Purslane:

- Purslane comes from India, where it was a food crop centuries ago.
- Purslane has more beta-carotene than spinach, as well as high levels of magnesium, potassium, Vitamin A and Vitamin C. It is the best plant source of omega-3 fatty acids.
- To store, wrap purslane in a moist paper towel and store in a plastic bag in the vegetable bin of your refrigerator.

Purslane-Potato Salad

6 medium potatoes, sliced and cooked
2 cups purslane, chopped
4 scallions, sliced
1 celery stalk, sliced
1 cup mayonnaise

Mix together all ingredients. Serve chilled.

Yield: 6 servings
Source: Steve Brill

Purslane con Queso

1 quart purslane including stems
½ cup shredded Monterey Jack cheese

Collect tender purslane, including the stems, and carefully rinse to remove any sand or soil. Gently boil for about two minutes or until tender. Drain the water and chop the purslane into smaller pieces. Return the purslane to the frying pan and shred the jack cheese over it. Keep the purslane in the pan just until the cheese melts. Be careful not to over-melt the cheese. Serve warm.

Yield: 2 servings
Source: Aggi-Horticulture

Pickled Purslane

1 quart purslane stems and leaves
1 quart apple cider vinegar (or old pickle, jalapeno juice, etc.)
3 garlic cloves, sliced
10 peppercorns

Clean the purslane stems and leaves by rinsing with fresh water. Cut into 1" pieces and place in clean jars with lids. Add the spices and pour the vinegar over the purslane. Keep this in the refrigerator and wait at least two weeks before using. Serve as a side dish with omelets and sandwiches.

Source: Aggi-Horticulture

Fried Purslane

Approximately 1 cup of purslane tips

Bread crumbs
Flour
2 Beaten eggs

Collect the tender new tips of purslane--about the last two or three inches from the stems. Rinse these in water to remove any sand. Roll them (or shake them) in flour until thoroughly floured, and then dip in the beaten eggs. Cover each purslane stalk with bread crumbs. This process is easiest to do if you simply line up the three dishes of flour, eggs, and bread crumbs, and do the breading production line style.

When the breading is done, fry or sauté each purslane stalk for about five minutes or until golden brown. Serve with catsup, mustard, or sour cream.

Source: Aggi-Horticulture

Ham and Purslane on Rye

Instead of lettuce or pickles on a ham sandwich, use fresh purslane. It's quite flavorful. The slightly crunchy flavor of the crisp, succulent purslane stems helps to make this a satisfying sandwich.

Source: Aggi-Horticulture