

# WILD GARLIC RECIPES: A SEASONAL DELIGHT

Wild garlic (*Allium ursinum*), with its vibrant green leaves and mild garlic flavor, is a springtime treasure. Here are some of our favourite ways to enjoy it:

## 1. WILD GARLIC PESTO

Perfect for pasta, sandwiches, or as a dip.

### Ingredients:

- 100g wild garlic leaves
- 50g nuts (pine nuts, walnuts, or almonds)
- 50g grated parmesan (optional for vegan)
- 150ml olive oil
- juice of ½ lemon
- salt & pepper

### Steps:

1. Blend wild garlic, nuts, parmesan, and lemon juice until coarse.
2. Gradually add oil until smooth. Season to taste.

\*tip\*: substitute nutritional yeast for parmesan to keep it vegan.

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## 2. CREAMY WILD GARLIC SOUP

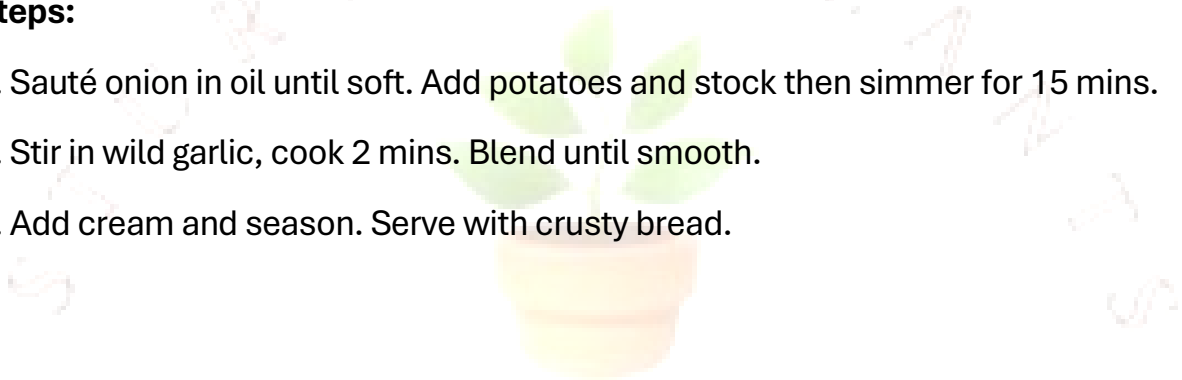
A light, vibrant soup.

### Ingredients:

- 300g potatoes, diced
- 200g wild garlic leaves
- 1 onion, chopped
- 1l vegetable stock
- 100ml cream (or coconut cream for vegan)
- olive oil, salt, pepper

### Steps:

1. Sauté onion in oil until soft. Add potatoes and stock then simmer for 15 mins.
2. Stir in wild garlic, cook 2 mins. Blend until smooth.
3. Add cream and season. Serve with crusty bread.



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## 3. WILD GARLIC & CHEESE SCONES

Savory baked treats.

### Ingredients:

- 225g self-raising flour
- 50g butter
- 50g grated cheddar
- 50g wild garlic, finely chopped
- 150ml milk
- 1 tsp baking powder
- pinch of salt

### Steps:

1. Rub butter into flour, baking powder, and salt. Mix in cheese and garlic.
2. Add milk to form dough. Roll out, cut into rounds.
3. Bake at 200°C (400°F) for 12–15 mins until golden.

## 4. WILD GARLIC BUTTER

Elevate steaks, fish, or roasted veggies.

### Ingredients:

- 100g softened butter
- 30g wild garlic, finely chopped
- zest of ½ lemon
- salt & pepper

### Steps:

Mix all ingredients. Roll into a log in parchment paper; chill. Slice as needed.

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## 5. WILD GARLIC & GOAT CHEESE TART

### Ingredients:

- 1 pre-rolled pastry sheet
- 200g wild garlic
- 150g goat cheese
- 3 eggs
- 200ml cream
- salt, pepper, nutmeg

### Steps:

1. Blind-bake pastry at 180°C (350°F) for 15 mins.
2. Whisk eggs, cream, seasoning. Layer wild garlic in the tart, pour over mix, dot with cheese.
3. Bake 25–30 mins until set.

## 6. WILD GARLIC PASTA

Quick and flavourful.

### Ingredients:

- 400g pasta (spaghetti or linguine)
- 100g wild garlic, shredded
- 2 tbsp olive oil
- zest of 1 lemon
- chili flakes (optional)
- parmesan to serve

### Steps:

1. Cook pasta; reserve 1 cup of water.

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2. Sauté wild garlic in oil for 1 min. Toss with pasta, lemon zest, chili, and a splash of pasta water.
3. Top with parmesan.

## 7. WILD GARLIC OIL

Preserve the flavour for months.

### Ingredients:

- 200ml neutral oil (e.g., sunflower)
- 50g wild garlic leaves

### Steps:

1. Blanch leaves in boiling water for 10 secs; plunge into ice water. Pat dry.
2. Blend with oil until smooth. Strain through cheesecloth. Store in a sterilized jar.

### FORAGING TIP:

ENSURE CORRECT IDENTIFICATION - wild garlic has a distinct garlic scent and white flowers. Avoid lily of the valley which is toxic. The young leaves can look similar.

### STORAGE:

Freeze pesto in ice cube trays or blanch leaves and freeze for later use.

Our wild garlic which is grown from cultivated stock can be found here:

<https://sturtonplants.co.uk/product/wild-garlic-allium-ursinum/>