
Mesclun Mix 101

A spicy blend of mixed greens



Tasting Notes:

Braising Mix v. Mesclun Mix

Mesclun means “mixture” and refers to a mixture of greens and herbs that are grown together in the same seed bed. Typically, a farmer will purchase a “mesclun mix” seed pack from the seed company, in which a variety of greens seeds are mixed together.



Mesclun mix greens may be swapped out for any “mixed salad green” in a recipe, although they are a bit spicier and more bitter than other salad mixes.

Note: Sometimes you might receive “**Braising Mix**” in your CSA box. Braising mix is the same bed of mesclun greens that have been allowed to reach greater maturity. They are larger leaves and more pungent in flavor. For that reason, braising mix is best used for cooked recipes, as opposed to fresh salads.

How to Store Mesclun Mix:

HIGHLY PERISHABLE! EAT IMMEDIATELY!

To store: Mesclun is highly perishable and will only last about 2 days. This should be the first item you eat from your box. You can wash mesclun up to 2 days before you use them. If you decide to wash it first, plunge them into a salad spinner filled with water (or a colander set in a large pot). Swirl the greens to remove the grit.

If you have salad spinner, be sure to spin the leaves dry (or dry them with a towel) before placing them loosely into a Green Bag or other small plastic bag lined with a dry paper towel to absorb the moisture. Be careful not to pack them in too tightly.

Preparing Mesclun:

Mesclun can be gritty, so submerge it in a bowl of cold water, then drain and spin dry. Refresh limp mesclun by plunging it into ice water, then rolling it into a wet roll of paper

towel and placing in the fridge for a few hours.

Best Uses:

Salad

Pasta Dishes

Quiche/Frittata

Bed for grilled fish/steak

Grilled Cheese

Stir fry

Quesadilla

Pizza topping Sandwich

topping Wilted/braised

Soup

Substitutes:

Spinach, watercress, dandelion greens, radicchio, tatsoi, mizuna, kale, arugula

Pairs well with:

It pairs well with almonds, goat cheese, cucumbers, apples, raisins, oranges, eggs, garlic, lemon, fish, hummus, olive oil, bacon, pasta, pears, tomatoes, basil, and vinegar.

How to Freeze Mesclun:

You'll need to blanch the mesclun to freeze it. Add frozen mesclun to soup or stock, casseroles, and stir fries. It also works well in dips, quiche, and pasta dishes.

1. Wash the leaves by triple rinsing them—dunking leaves into three separate batches of

fresh water. After leaves are clean, remove stems as desired.

2. **Blanch leaves in boiling water** or steam for 30 seconds, followed by soaking in ice water for 30 seconds to stop the cooking.
3. Remove from ice water, spin it dry in a salad spinner or blot it on a thick towel. Stuff leaves into freezer bags, placing one to two cups of leaves per bag, depending on your desired portion size. Place sealed bags in the freezer.

Suggested Recipes:

Mesclun Salad with Goat Cheese and Croutons Adapted from Mark Bittman

Ingredients:

6 cups torn assorted greens, including mesclun

1/3 c. extra virgin olive oil

2 T. sherry vinegar, balsamic vinegar, or freshly squeezed lemon juice

salt and freshly ground black pepper

4 oz. soft goat cheese, crumbled

home-made croutons

Directions:

Put the greens in a bowl and toss them with oil, vinegar, a pinch of salt, and pepper. Toss and taste. Adjust seasonings. Add 4 oz soft goat cheese and croutons. and serve immediately.

Strawberry-Mango Mesclun Salad

Ingredients:

1/2 cup sugar

3/4 cup canola oil

1 teaspoon salt

1/4 cup balsamic vinegar
8 cups mixed salad greens (mesclun)
2 cups sweetened dried cranberries
1/2 pound fresh strawberries, quartered
1 mango - peeled, seeded, and cubed
1/2 cup chopped onion
1 cup slivered almonds

Directions:

Place the sugar, oil, salt, and vinegar in a jar with a lid. Seal jar, and shake vigorously to mix.

In a large bowl, mix salad greens, sweetened dried cranberries, strawberries, mango, and onion. To serve, toss with dressing and sprinkle with almonds.

Chicken Mesclun Mix with Feta and Sun-Dried Tomato

Ingredients:

1/4 cup extra virgin olive oil
1/2 teaspoon sea salt
1 clove garlic, mashed
1/2 teaspoon fresh ground black pepper
2 chicken breasts, sliced thin and then cut up
1 (8 ounce) bag of mesclun salad greens
1 cup feta cheese (fresh mozzarella or goat cheese would also work well)
1/2 cup soft sun-dried tomato, chopped

Directions:

Heat olive oil and garlic in large sauce or frying pan until garlic is golden.

Add chicken and cover; cook on medium-low until chicken is cooked through but not dry (about 20 min).

Wash mesclun mix well and add mesclun mix and sun-dried tomatoes and cover; cooking on low. They will be done when they are soft but not wilted (you really just want them warmed).

Toss in cheese and stir.

Serve alone or over a bed of linguine.

Honey-Mustard Salmon on Greens

Ingredients:

2 tablespoons Dijon mustard

3 tablespoons honey

1 tablespoon rice vinegar

1 1/2 pounds boned salmon fillet with skin, about 1 inch thick

1 cup lime juice

2 teaspoons honey (for dressing)

Dash of salt

1/2 teaspoon freshly grated ginger

8 cups mesclun or mixed lettuces

1 mango, peeled and sliced

2 kiwis, peeled and sliced

Directions:

Combine mustard, honey and vinegar in small bowl; whisk to blend.

Preheat broiler. Place salmon skin-side down on foil-lined baking sheet; brush with half of honey mixture. Broil salmon 10 inches from heat for 7-8 minutes, until fish flakes easily with fork. Halfway through cooking, brush salmon with remaining honey mixture.

When cooked, divide into four servings.

Combine lime juice, honey, salt and ginger in small bowl. Divide salad greens evenly among four plates. Drizzle greens with lime dressing. Top with salmon fillets. Garnish with sliced mango and kiwi.

Baked Goat Cheese with Mesclun Mix Salad

Ingredients:

12 ounces fresh, mild goat cheese

Leaves from 4 sprigs thyme, chopped

Leaves from 1 small sprig rosemary, chopped

1 1/2 cups extra-virgin olive oil

1 cup panko

1/2 baguette, cut into eight 1/4-in.-thick slices

1 teaspoon sherry vinegar

1/2 teaspoon coarse kosher or sea salt

1/4 teaspoon freshly ground black pepper

2 1/2 tablespoons walnut or extra-virgin olive oil

1/2 pound baby lettuces or salad mix, washed and dried

1/2 cup toasted walnuts, coarsely chopped

Directions:

Shape the goat cheese into eight 1-in.-thick disks and put in a container just big enough to hold them in one layer. Sprinkle cheese with herbs and pour on olive oil. Cover and chill at least 12 hours and up to a week. One hour before baking, pop them in the freezer to firm up.

Preheat oven to 400°. Remove cheese from marinade and roll all sides in panko, pressing gently so the crumbs adhere. Arrange on a large baking sheet and bake until golden, about 15 minutes, turning over halfway through. Add baguette slices for last 5 minutes of baking.

Whisk together vinegar, salt, pepper, and walnut oil. Put lettuces in a large bowl, drizzle with

just enough dressing to coat, and toss gently and thoroughly.

Divide lettuces among 4 plates, sprinkle with walnuts, and to each plate add 2 goat-cheese disks and a baguette slice. Serve immediately.

Mesclun Mix Tacos for Two with Caramelized Onion, Fresh Cheese, and Chili

Adapted from Rick Bayless, *Mexican Everyday*

Ingredients:

1 bag mesclun mix, washed and spun or patted dry

1 T. olive or vegetable oil

1/2 large white/ red onion, sliced 1/4 inch thick

2 garlic cloves, peeled and finely chopped or crushed through a garlic press

1/2 t. chile flakes

1/4 c. chicken broth, vegetable broth or water

Salt

6 warm corn tortillas

Salsa to taste

1/2 c. crumbled Mexican queso fresco, feta or goat cheese for serving

Directions:

In a large skillet, heat the oil over medium-high. Add the onion and cook, stirring frequently, until browned but still crunchy, about 4 to 5 minutes.

Add the garlic and chile flakes, stir for a few seconds until aromatic, then add the broth or water, 1/4 teaspoon salt and the greens. Reduce the heat to medium-low, cover the pan (if you don't have a lid, a cookie sheet works well) and cook until the greens are almost tender, 2-4 minutes.

Uncover the pan, raise the temperature to medium-high and cook, stirring continually, until the mixture is nearly dry. Taste and season with additional salt if you think necessary.

Serve with warm tortillas, salsa and crumbled cheese for making soft tacos.

Stir Fry Mesclun Mix for Two

Ingredients:

6 cups mesclun, washed, still damp

1 tablespoon butter or 1 tablespoon margarine

3 tablespoons slivered almonds

1 cup mushroom, cleaned thin sliced

2 garlic cloves, minced

2 shallots, minced

Directions:

Over medium heat melt butter/margarine in a skillet large enough to hold the lettuce. When butter has melted add almonds, mushrooms, garlic and shallots, stir fry 2 minutes. Add lettuce stir a couple of times until it has wilted and is warm.

Sweet Potatoes, Apples, and Braising Greens

Recipe adapted from epicurious.com

This dish combines sweet potatoes, apples and greens to make a wonderful side dish. Try it with pork chops or pork roast. Total time required: about 45 minutes. Makes 8-10 servings.

Ingredients:

4 medium sweet potatoes, peeled and cut lengthwise into quarters, then cut crosswise into 1/8-inch slices

5 T unsalted butter, plus 3 tablespoons melted

1 T fine sea salt

2 t freshly ground black pepper

3 medium baking apples, such as Granny Smith, peeled, cored, and cut into quarters

6 c loosely packed braising greens such as kale, turnip greens or mesclun mix, stems removed and torn into 2-inch strips

¼ c loosely packed parsley leaves, coarsely chopped

Directions:

Preheat oven to 400°F. On foil-lined baking sheet, toss sweet potato slices with 3 tablespoons melted butter, 1 teaspoon salt, and ½ teaspoon pepper. Bake until cooked through and slightly caramelized, about 20 minutes. Keep warm.

In heavy medium skillet over moderate heat, melt 3 tablespoons butter. Add apples and sauté until tender and golden brown, about 15 minutes. Keep warm.

In heavy large pot over moderate heat, combine remaining 2 tablespoons butter and 3 tablespoons water. Add greens and sauté, stirring occasionally, until wilted, about 5 minutes. Lower heat to moderately low and add sweet potatoes and apples. Continue cooking, stirring occasionally, until warmed through, 3 to 4 minutes. Stir in parsley, remaining 2 teaspoons salt, and 1 ½ teaspoons pepper. Serve hot.