



## PURSLANE *PORTULACA OLERACEAE*

You may think this herb is a weed, but think again.

This succulent little green leafed herb with reddish stems originates on the Indian subcontinent. It is a hardy summer annual that with a little fertiliser and water does very well. Throughout the recent drought it just kept growing.

It has a slightly salty/bitter taste. It is excellent in salads, soups, stir fries and omelets. With cucumber and yogurt it is delicious. All parts of the plant are edible. The small black seeds can be made into tea.

Research has shown that nutritionally it is a valuable plant. Its leaves have more omega-3 fatty acids than other leafy plants. It is an excellent source of Vit. A, C, and B. and is high in magnesium, iron, calcium, potassium and manganese as well as being rich in antioxidants. However it does have more oxalic acid than spinach, but for most people this is not a problem.

## RECIPES

### SALADE KHORFEH - SHIRAZI STYLE

#### PURSLANE SALAD

- 2 cup purslane leaves
- 5 Persian cucumbers or any small and seedless cucumbers, peeled and cut into small pieces
- 4 firm plum tomatoes or any small ripe tomatoes, cut into small pieces
- 1 small onion, (red or yellow), cut into small pieces, I used red onion.
- 1 teaspoon dried mint \*optional
- 1/3 cup olive oil or vegetable oil
- 1/3 cup fresh-squeezed lemon juice
- Salt and pepper to taste

[www.tlcgarden.org.au](http://www.tlcgarden.org.au)

[www.facebook.com/pages/TLC-Garden/318635698227162](https://www.facebook.com/pages/TLC-Garden/318635698227162)

In a large mixing bowl combine the purslane, cucumber, tomatoes, onion and dried mint.

Add the lemon juice, olive oil, salt and pepper and mix well. Taste, adjust the seasoning and serve.

Serve this beautiful and delicious salad cold or at room temperature with your favorite dish.

[www.turmericsafron.blogspot.com.au/2011/08/salade-khorfeh-shirazi-style-purslane.html](http://www.turmericsafron.blogspot.com.au/2011/08/salade-khorfeh-shirazi-style-purslane.html)



### PURSLANE QUICHE

- Pastry for a 9-inch one-crust pie
- 2 cups washed Purslane (leaves and small stems)
- 2 cups shredded Swiss cheese (about 8 oz)
- 1/2 cup chopped onion
- 4 eggs
- 2 cups heavy cream (can substitute half-and-half but baking time will increase)
- 3/4 teaspoon salt
- 1/2 teaspoon grated Nutmeg

Heat oven to 425-degrees. Prepare pastry and line pie pan.

Sprinkle chopped onion and 1 cup of the shredded Swiss in the pastry-line pie pan. Add Purslane.

Beat the eggs slightly then add in the cream, salt, and Nutmeg. Stir the cream/egg mixture, then pour the blended mixture into the pie pan.

Add remaining cup of Swiss cheese.

Bake 15 minutes. Reduce oven temperature to 300-degrees and bake 30 minutes longer, or until knife inserted near center comes out clean. Allow quiche to stand 10 minutes before cutting (if you can wait that long).

[www.woodridgehomestead.com](http://www.woodridgehomestead.com)

