

Recipes



Ramps – *Allium tricoccum*

Tips for Use:

- Uses the leaves as a green or the white part much like a scallion or green onion
- Pairs well with egg dishes such as frittatas, omelets and quiche or simply fried, scrambled or poached
- Add to soups and stews, blend with potatoes or other vegetables
- Use to make pesto
- Make a compound butter
- Roast or grill whole, alone or with other spring vegetables
- Blanch and freeze to extend the season or pickle
- Rinse thoroughly to clean dirt from between the leaf layers and pat dry
- Store rolled in a damp paper towel, loosely wrapped in an open bag in the refrigerator

Ramp Butter

2 sticks of butter (1/2 pound), softened

Sea salt, to taste

7-10 large ramps, well cleaned

Fresh ground pepper, to taste

½ tablespoon lemon juice

Thyme or other fresh herbs, finely chopped, to taste, optional

1 teaspoon lemon zest, finely grated

Trim roots and clean ramps well. Blanche in salted boiling water for 30 seconds. Remove and plunge into ice water for a few minutes. Drain and squeeze out as much water as possible.

Chop ramps (green and white parts) finely. In a bowl, add ramps, butter, lemon juice, lemon zest. Mix until well combined. Add salt and pepper to taste. Alternatively, process roughly chopped ramps in a food processor along with the remaining ingredients.

Store in small jars in the refrigerator for about a week. Or, spread butter into the shape of a log on a piece of wax or parchment paper or plastic wrap. Roll and wrap tightly. Chill in the refrigerator or freeze.

For more recipes, see: [Edible Communities](#)

Do you have a recipe using ramps to share?

Please send it to Educator@herbsociety.org