

Arugula Puree

Description:

Serving Size: 1 LT

Categories: Sauces

Cost Per Liter	
\$	11.89

Action Date Initials

Created: 7/23/2012 CR

Revised:

Amount	Measure	Ingredient	Preparation Method	Product No.
1.000	kg	Arugula leaves		20-100000823
0.600	lt	Olive oil		20-100001607
0.025	kg	Salt		20-100001323

Method of Preparation:

- Pick the arugula removing the stems and any unwanted leaves.
- Blanch quickly in boiling salted water. Refresh in ice cold water. Squeeze out the water.
- Place the arugula into a high speed blender and pour in the olive oil.
- Season to taste. Pour in a squeeze bottle ready for use.