

Notes on Garlic Scapes

Garlic scapes may look thin green and inedible but don't let their appearance fool you. The garlic scape is the flowering stem of the garlic bulb. It has a mild taste compared to the garlic bulb but still has a subtle kick. Garlic scapes can be sautéed, barbequed, and roasted or added to salsa, tacos and salads.



Simple Ideas for Garlic Scapes

- Toss finely chopped garlic scapes on a sausage or a hotdog for flavorful kick.
- If you want a hint of garlic when making stir-fry or any combination of vegetables use garlic scapes.
- For a colorful summer addition to chicken, beef, or fish add pureed garlic scapes.

Garlic Scape Stir-fry

Recipe by: Leah Jewison, Elysian Hills Enterprises

1 Bunch garlic scapes
3 tbsp Sesame oil
3 tbsp Soy sauce
1 tsp Sesame seeds

- Chop the scapes into 1-inch pieces. Mix the sesame oil, soy sauce and scapes together. Stir-fry until done about 5 minutes. Sprinkle with sesame seeds.

Garlic Ties

Recipe by: Leah Jewison, Elysian Hills Enterprises

1 Bunch garlic scapes
Oil

- Tie scapes in a knot and brush with oil. Grill 3 to 5 minutes.

Scape Sauce and Pasta

I like to cook the garlic scape and chopped walnuts before I put them in the food processor. Cooking them takes some of the raw flavor out and blends the two together. You can also leave the scapes raw and toast the nuts.

10 Garlic scapes, chopped
1/3 c of Nuts, such as almonds, pine, or walnut
1/2 c Parmesan cheese
1 Bunch fresh basil, optional
1/2 c Olive oil
1 lb Spaghetti

- Bring a pot of water to a boil for the pasta. While the water heats, in a food processor, combine garlic scapes, nuts, parmesan cheese, and basil leaves if using, process until smooth. Set the food processor to low and slowly drizzle in the olive oil. Stop the processor. If the sauce is a paste, start the processor and drizzle in more olive oil, set the sauce to the side. After the water comes to a boil, add salt and pasta. Cook according to the package direction. Once the pasta is done, drain. Place the pot back on the stove and heat to medium. Add the sauce to the pot and the drained pasta. Coat the pasta and heat the sauce through. Serve immediately.