

## White Bean and Garlic Scape Dip

1/3 cup sliced garlic scapes (3 to 4)  
1 tablespoon freshly squeezed lemon juice, more to taste  
1/2 teaspoon coarse sea salt, more to taste  
Ground black pepper to taste  
1 can (15 ounces) cannellini beans, rinsed and drained  
1/4 cup extra virgin olive oil, more for drizzling.

In a food processor, process garlic scapes with lemon juice, salt and pepper until finely chopped. Add cannellini beans and process to a rough purée.

With motor running, slowly drizzle olive oil through feed tube and process until fairly smooth. Pulse in 2 or 3 tablespoons water, or more, until mixture is the consistency of a dip. Add more salt, pepper and/or lemon juice, if desired.

Spread out dip on a plate, drizzle with olive oil, and sprinkle with more salt. Serve with bread, tortilla chips, etc.

## Pickled Garlic Scapes

1 pound or more of scapes, whole  
3 cups vinegar  
5 cups water  
¼ cup kosher salt  
Fresh Basil Leaves  
Chili Flakes

Boil the water, vinegar & salt solution. Pack hot jars with whole scapes, 1 fresh basil leaf, a pinch of chili flakes (depending on your spice tolerance) and then the brine. Put on lids, place in a hot water canner and boil for 45 minutes. Leave at least 2 weeks before serving to get best flavor.

## Garlic Scape Soup

From **Super Natural Cooking**, by Heidi Swanson

2 tablespoons clarified butter or extra-virgin olive oil  
2 dozen garlic scapes, flower buds discarded and green shoots chopped  
3 large russet potatoes, unpeeled and cut into ½ inch dice  
5 cups vegetable stock or water  
2 large handfuls spinach leaves, stemmed  
Juice of ½ lemon  
½ teaspoon fine-grain sea salt  
Freshly ground black pepper  
¼ cup heavy cream (optional)  
Chive blossoms, for garnish (optional)

Heat the butter in a large saucepan over medium heat, then add the scapes and sauté for 2 minutes.

Add the potatoes and stock, cover, and simmer for about 20 minutes, or until the potatoes are cooked through and beginning to break down.

Remove from the heat, add the spinach, and puree using a hand blender. (If you must use a conventional blender, be careful; the hot liquid can burst out the top and make a huge, potentially painful mess. Try leaving the lid slightly ajar to allow steam to escape. Cover the top with a kitchen towel and blend in batches at low speed.)

Season with the lemon juice, salt, and a few grinds of pepper.

Whisk in the cream for a silkier texture.

If the soup tastes flat, add salt a few big pinches at a time until the flavors really pop.  
Serve garnished with the chive blossoms.

Serves 4 to 6.

### Other Ideas:

1. A simple but wonderful garlic scape spread or dip can be made by chopping some scapes up and mixing them with softened cream cheese (or sour cream) and dill. (eHow.com)
2. You can add garlic scapes to mayonnaise to make an aioli. When combined with mayonnaise, the flavor of chopped garlic scapes becomes milder and the savory notes are more apparent. (eHow.com)
3. You can also make a nice garlic scape dressing with sour cream to add to salads, use as a dip for crackers, toast points, and pork rinds or to spoon over a nice salad. (eHow.com)
4. You can also chop up garlic scapes and use them for seasoning, just like regular garlic. (eHow.com)  
[http://www.starchefs.com/features/garlic\\_scapes/html/index.shtml](http://www.starchefs.com/features/garlic_scapes/html/index.shtml)
5. Octopus with Fingerlings and Garlic Scapes at [Foodista](#)
6. Grilled Garlic Scapes at [FoodieTots](#)
7. Pickled Dilly Garlic Scapes at [Becky and the Beanstock](#)
8. Chop scapes in one inch pieces, sauté in brown butter and add fresh sweet corn.
9. Use as you would [asparagus](#). I bet you saw that coming.
10. Add to an omelet or a frittata, a.k.a. the ultimate [refrigerator velcro](#).
11. Makes salads and pasta a bit more interesting. It has “secret ingredient” potential.
12. Grill, roast, or broil with olive oil and salt.
13. Garlic scapes sautéed in butter are excellent with mashed or lightly browned diced potatoes for a quick side dish.  
Creamy [garlic scape soup](#)
14. [Korean recipe for pickled whole garlic](#)
15. Puree with your favorite dips to give it a subtle garlicky punch and a cool shade of green.
16. Stir-fry with rice, noodles, vegetables, or meats.
17. Deep-fried with a light tempura-like batter
18. Add finely chopped garlic scapes to [bread dough](#).

**SOURCE:** [http://www.2sistersgarlic.com/articles/garlic\\_scape\\_recipes.htm](http://www.2sistersgarlic.com/articles/garlic_scape_recipes.htm)