

EverGreen Farm Recipes Garlic Scape Recipes

January 04, 2008

[Garlic Scapes](#)

What are *garlic scapes*?

"Scapes" are the flower stalks found on members of the Allium family (onions, leeks, chives, and garlic). Garlic scapes curl upward as they grown, ultimately straighten, and then grow little seed-like bulbs. When garlic scapes are still in full curl, they are tender and delicious. They provide subtle garlic flavor (but without the garlic "bite") and crunchiness if added to salads and soups. They cook well in stir fries, and can be processed in vinegars, as pickles, or into a green "pesto" sauce. This pesto is delicious spread on pizzas or sandwiches. Garlic scapes are only available for a few weeks of the year, so enjoy them while you can.

Fried Scapes (from dakotagarlic.com)

Cut scapes to green bean size and sauté them in butter and salt for 6 to 8 minutes. During the last minute of cooking add about 1 teaspoon of balsamic vinegar.

Garlic Scape Pesto (from maryjanesfarm.com/simplymj)

1 cup grated Parmesan cheese
3 tablespoons fresh lime or lemon juice
1/4 pound garlic scapes
1/2 cup olive oil
salt to taste

Puree scapes and olive oil in a food processor until smooth. Stir in Parmesan and lime or lemon juice and season to taste. Serve on bread, crackers or pasta.

I have seen many variations to this recipe. Many omit the juice and will add nuts (like pine nuts or walnuts).

March 13, 2007

[Garlic Scapes](#)

Scapes are the flower stalks on members of the Allium family (onions, leeks, chives, and garlic). Garlic scapes, which only appear on the finest hardneck garlic varieties, curl upward as they grow little seed like bulbs. Garlic producers remove the scapes to enhance bulb development.

When garlic scapes are still in full curl, they are tender and delicious. They provide a subtle garlic flavor and crunchiness if added to salads and soups, they cook well in stir fries, and can be processed in vinegars, as pickles, or into green "pesto" sauce.

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Scapes will last for weeks if kept in a brown paper bag in the refrigerator. They also freeze well when chopped and placed in containers. Do not wash when freezing.

These young curling flower stalks are tender, yet crunchy, with a subtle garlic flavor, but without the garlic "bite." Garlic scapes are a delicacy in some Asian cuisines and are available occasionally at gourmet restaurants, as well as local farmers' markets.

General Cooking tips: Remove the entire stalk tip above the pod [umbel] before cooking. Don't overcook, they tend to get tough and/or lose their flavor. Try starting simple, to learn how much cooking is enough and how much is too much by sautéing the scapes in a little olive oil at medium heat, adding salt and pepper to taste. The end result should be a side dish that is elegant and delightfully tasty. Garlic spears can almost be used like asparagus. They are very well suited for stir-fries.

Garlic Scape Ideas:

- A scape is a wonderful substitute for fresh garlic.
- Chop fine and sprinkle it over green pasta or potato salad.
- Roast scapes with potatoes, cut up and drizzled with olive oil (roast at 400 degrees for half an hour or so).
- Cut them one-half inch long, sauté them, and serve them as a side dish.
- Brush scapes with olive oil and grill them in a veggie basket until they're crispy.
- Add sliced scapes to any stir-fry recipe.

- Chop and add to softened cream cheese or goat cheese.

Garlic Scape Pesto (this pesto spread is delicious on pizzas or sandwiches)

1 cup grated Parmesan cheese
3tbsp. fresh lime or lemon juice
1/4 lb. scapes
1/2-cup olive oil
Salt to taste

Puree scapes and olive oil in a food processor until smooth. Stir in Parmesan and lime or lemon juice and season to taste, Serve on bread, crackers or pasta.

Spinach and Garlic Scape Pesto

3 cups of packed fresh spinach leaves
1/2-cup parsley
2/3-cup grated Parmesan cheese
1/2-cup walnuts
8 chopped garlic scapes
2 tbsp. basil
1 cup of extra virgin olive oil

Process until smooth. While motor is running, drizzle in oil. Makes 2 cups.

Mashed Potatoes with Garlic Scapes

2 1/2 lb. of potatoes, peeled and cut into 1" pieces.
1/2 stick butter
2 Tbsp. olive oil
1/4 cup finely chopped scapes
1/4-cup cream (or more)

Cook potatoes until very tender. Drain and return to pot. Over medium high heat, melt butter with olive oil in a small skillet. Add scapes and sauté about 5 minutes. Add to potatoes and mash. Gradually add milk while stirring. Season with salt and pepper.

Roasted Garlic Scapes

Take the scapes and put them in a lightly oiled roasting pan, top with Kosher or Sea Salt. Put the loaded and covered pan in an oven heated to 425 degrees for 30-45 minutes. Cook until they begin to brown.

Grilled Garlic Scapes

1 lb. of garlic scapes
Olive oil
Salt and pepper

Cut scapes into pieces about 2 inches long and place onto a large sheet of foil wrap. Sprinkle liberally with olive oil; season to taste with salt and pepper. Bundle up the foil and grill for about ten minutes or until soft and golden.

Lemon Scented Pasta with Garlic Scapes and Veggies

1/3 box of spaghetti
5 or 6 garlic scapes sliced thinly
6 Sun dried tomato halves sliced thinly
1 cup of fresh corn
1 cup of flat leaf parsley
Zest of one lemon
Juice of one lemon
1 cup of chicken stock

Cook the spaghetti until al dente and set aside. Sautee scapes and tomatoes till fragrant. Then add the corn, parsley, lemon zest, and lemon juice. Simmer lightly. Turn up the heat a little, add the chicken stock and pasta, and toss everything to coat. Continue tossing until the sauce is slightly thickened. Serve garnished with remaining Parsley.