

Garlic Scapes



Garlic scapes are the flower stalk of the garlic bulb, usually cut off to allow the bulb to grow bigger. They taste similar to garlic but are milder and more herbal. Garlic scapes are high in vitamin B6 and C, as well as a variety of minerals, and can offer a lot of flavor without adding any salt, fat, or sugar.

Storage

Loosely wrap in plastic and store in the fridge up to 3 weeks. Scapes can also be pre-cut and frozen in an airtight container for up to 6 months. To extend shelf life even further, try pickling and canning scapes by themselves or mixed with other veggies!



Cooking

Garlic scapes can be used like garlic, or substituted for fresh chives in dips, sauces, and dressings. Milder than garlic cloves, they are great raw in pesto, pickled, or even cooked on their own as a side.



Sweet Braised Garlic Scapes

Serves: 4 Total Time: 20 minutes

Ingredients:

- 2 tbsp oil
- 1 lb garlic scapes, cut into 2-inch lengths
- 1 cup chicken stock or white wine (or water)
- 2 tbsp honey (or other sweetener)
- 1 tbsp apple cider vinegar
- Salt & pepper

Directions:

1. In a deep skillet over medium-high heat, heat oil until shimmering (very hot).
2. Add garlic scapes (careful, oil may pop and sizzle) and cook, shaking or stirring occasionally, until scapes begin to brown, 5-8 minutes.
3. Add stock, honey, and vinegar to the skillet, cover tightly and cook until scapes are tender, 8-10 minutes.
4. Remove lid and continue cooking, stirring occasionally, until liquid is reduced to a thick glaze, another 5-6 minutes. Season with salt and pepper to taste.
5. Serve alongside meats, darker fish, or roasted vegetable dishes.

Quick Tips:

- Leftover braised scapes can be finely chopped and used as a sweet relish for cold sandwiches, burgers, or grilled cheese.
- Roughly chop the scapes and add one roughly chopped apple to make this into a delicious chutney to accompany pork or chicken.

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