

## **Garlic Scape Pesto**

(recipe adapted from a combination of online sources)



1/2 cup garlic scapes, finely chopped

**4 T fresh lemon juice**

**1/2 cup olive oil**

**3 cups grated parmesan cheese**

**salt to taste**

**Put garlic scapes and lemon juice in bowl of food processor with steel blade, and process until scapes are very finely chopped. With food processor running, add oil through the feed tube and process 2-3 minutes. Remove lid, add half of parmesan cheese and process 2 minutes, then add the rest of cheese and salt and process 2-3 minutes more.**

**Serve tossed with hot pasta. In the photo above, I ate my pesto with Dreamfield's Linguini. This would also be good on fish, as a topping for bread, or as a seasoning for cooked rice.**

## **Lemon Scented Pasta with Garlic Scapes and Veggies**

(Serves 2 as a main course or four as a side dish)

1/3 box of spaghetti

5 or 6 garlic scapes sliced thinly

6 Sun dried tomato halves sliced thinly

Â¾ cup fresh corn

Â½ cup flat leaf parsley

Zest of one lemon

Juice of one lemon

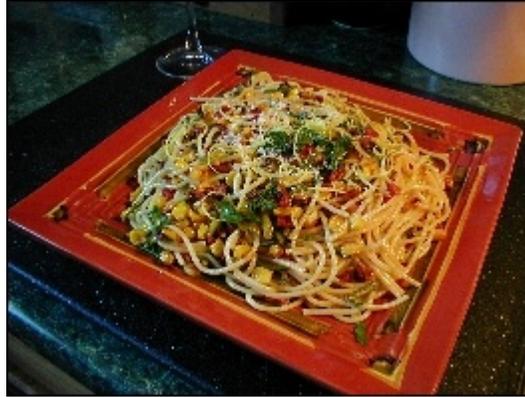
1 cup chicken stock

Cook the spaghetti till al dente and set aside.

Sauteeâ€™ scapes and tomatoes till fragrant then add the corn, parsley, lemon zest and lemon juice and simmer lightly.

Turn the heat up a bit; add the chicken stock and pasta and toss everything to coat and until the sauce is slightly thickened.

Serve garnished with additional parsley.



Garlic Scape Pesto / Hummus Dip was a huge hit at a party this past Sunday. Note that only a couple recipes I found on the Internet point out that you should cut off the scapes below the bulge where the flower bud begins. Use the tops as decorations for the pesto / hummus dip. In the recipe certain ingredients are not essential but enhance the result, making it smoother, richer or both. You may omit the spinach or pine nuts, for example, if you don't have them, but they are nice touches.

#### INGREDIENTS

1-2 cups of garlic scapes

1-1 1/2 lemons

1 can chickpeas, drained.

1/8 - 1/4 teaspoon cayenne pepper

1-2 cups extra virgin olive oil

1-2 teaspoons salt

2-3 cups "tender" greens such as spinach, arugula, spicy greens mix

2-3 tablespoons sesame tahini

1 cup or more finely grated parmesan or romano cheese

1 cup pine nuts

#### PROCEDURE

Remove tops from 1-2 cups of scapes and reserve as decorations; cut in 2 in. lengths.

Process with 1/2 - 1 cup olive oil in food processor for 2-3 min. until finely chopped.

Add drained chickpeas.

Add 2-3 tablespoons sesame tahini.

Add juice of 1 - 1 1/2 lemons, seeds removed.

Add 1/8 - 1/4 teaspoon cayenne pepper, to taste. You (I) want it to have an edge, but not to be overtly "Hot."

Add 1-2 teaspoons salt - I use kosher, but any will do. Salt to taste, not too much.  
Process until chickpeas are finely ground.

You may want to taste at this point to see if more cayenne is needed. Note that the sauce will "heat up" as it sits.

Add 2-3 cups spinach or spicy greens or arugula, whatever you have, for more green color and to lighten the hummus. Process until finely ground and well integrated in sauce.

I also added 1 cup finely grated parmesan and a cup or so of pine nuts, also all ground in for another minute or two.

You want the sauce to be smooth for dipping. The raw scapes resist chopping so they require a good deal of processing. The end result will still have a little texture from the scapes and the pine nuts - a good thing!

As a dip, finish by putting dip in a bowl and dribbling fine extra virgin olive oil over it. As a future revision I would add some lightly toasted cumin seed: heat 1 teaspoon whole cumin seed in a skillet until it begins to be aromatic; grind it coarsely in a mortar; mix 1/2 in the dip. Sprinkle the remainder over the top.

This sauce / dip could as well be used as a pasta dressing or over a piece of fish to be baked. In this instance I served it as a dip in a bowl with peeled raw kohlrabi sliced thin and cut in half as chips. It got rave reviews.

### **Scape Sprinkles**

Blanch scapes in boiling water about 3 minutes and then shock in iced water to set the color. Dice fine, then scatter on salad or pizza, add to sautéés briefly as a garnish, and so on.

### **Scapes for soup**

Chop scapes 1/2-inch long, saute in butter for 2-3 minutes – until bright green, and add to simmering soup about 20 minutes before serving.



### **Garlic Scape Potato Cake**

Sauté finely-diced scapes in butter, then add a few tablespoons of water and boil it off. Shred some potatoes in your Cuisinart or mandoline, squeeze out as much water as you can, and then toss with an egg, a few tablespoons olive oil, salt and pepper, and the scapes.

Heat a large nonstick or cast iron pan over high heat, add oil and wait until it smokes, then spread the potato mixture on top. Turn heat down to medium and cook until the bottom is brown. Dot the top with lots of butter, then bake at 425 degrees until golden. Put a plate over the top and turn the pan upside-down. Serve in wedges.

### **GARLIC SCAPE PESTO:**

First, a caveat: the problem with this recipe – or maybe it's me – is that nothing is really measured and substitutions are made freely, depending on what you have on hand. If you are a freestyle cook, you understand this mentality. There are a few things you must have, namely, garlic and olive oil, or it simply isn't pesto. Personally, I grow a lot of basil and several varieties, but I am not terribly fond of it in pesto (I know, this is blasphemy to my Sicilian heritage), because most recipes ask for a lot of it and it is too overpowering. Now the garlic – I grow lots – I use lots – it is incredibly overpowering – and if you are a true garlic lover, that is just how it should be. Ok – the recipe:

1 doz. garlic scapes

1 cup, more or less, of parsley (I grow a lot of this, too – it balances well with garlic and is available most of the year)

1 1/2 cup walnuts

1/2 – 1 tsp sea salt (you don't need much)

1/2 cup olive oil

1/4 cup lemon juice

Chop, blend, or whatever you need to do to make it smooth. Yes, you can add Parmesan if you have it – or if you have pine nuts, those are great – and of course, you can totally change the taste with aromatic fresh basil, but I don't always have those things, and the craving must be fed, regardless. What kind of recipe is this, you ask? Ok, not really a recipe, more like a guideline.

But now that you've made it, you must face your ethical dilemma: go hide or go share. Your choice. I won't tell.

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Composed Salad of Wild Mushrooms and Garlic Scapes with Preserved Lemon Vinaigrette and Bottarga Shavings  
Chef Dante Boccuzzi of *Aureole*-New York, NY  
Adapted by StarChefs.com

**Yield:** 2 Servings

**Ingredients:**

**Preserved Lemons:**

- 5 lemons
- 2 cups sugar
- 1 cup salt
- 1 ounce ginger
- Cracked black pepper
- Water, to cover

**Mushrooms and Scapes:**

- 5 shiitake mushrooms, sliced
- 5 morel mushrooms, sliced
- 1 portobello mushroom, large diced
- 5 almond mushrooms, halved
- 2 Tablespoons olive oil
- 5 garlic scapes, thinly sliced
- 1 Tablespoon butter
- Salt and pepper

**Lemon Vinaigrette:**

- 1 lemon, juiced
- 3 Tablespoons extra-virgin olive oil
- 1 teaspoon white wine vinegar
- Salt and pepper
- 2 Tablespoons diced preserved lemon (recipe above)

**Salad:**

- Mesculin greens

**Garnish:**

- Bottarga shavings

**Method:**

**For Preserved Lemons:**

Place all ingredients into a large pot and bring to a boil. Once pot has boiled, cool and place mixture into a glass jar. Let marinate for 2 days before using. Remove the pith and medium-dice the rind.

**For Mushrooms and Scapes:**

In a medium-hot sauté pan, roast all the mushrooms in the olive oil. Add the scapes and butter after the mushrooms have become golden brown. Season with salt and pepper. Drain onto paper towels and reserve.

**For Lemon Vinaigrette:**

In a medium mixing bowl whisk together the lemon juice and olive oil. Add the vinegar and season with salt and pepper. Add the diced preserved lemon.

**To Assemble and Serve:**

Place the mushrooms and scapes in the center of the dish. Place a small mound of salad greens on top of the mushrooms. Spoon the lemon vinaigrette and preserved lemons over and around the salad. Top the salad with bottarga shavings.

**Wine Pairing:**

Pinot Bianco Schioppetto, Friuli, Italy 2003

Orzo Pasta Risotto with Forest Mushrooms and Garlic Scapes

Chef Dante Boccuzzi of *Aureole*-New York, NY

Adapted by StarChefs.com

**Yield:** 4 Servings

**Ingredients:**

- 1 onion, small diced
- 3 Tablespoons olive oil, plus another 3 Tablespoons
- Salt and pepper
- 8 ounces chicken stock
- 1 pound orzo
- 1 portabello mushroom
- 3 shiitake mushrooms
- 3 garlic scapes
- 2 Tablespoons butter
- 3 Tablespoons heavy cream

- 3 Tablespoons truffle butter
- ½ cup grated Parmesan cheese, plus shavings
- 3 ounces baby arugula

**Method:**

In a large pot over low heat, slowly cook the onion in 3 Tablespoons olive oil until it is translucent and tender. Season the onion with salt and pepper. In a separate saucepot bring the stock to a boil and keep hot. Add the orzo pasta to the onions and mix thoroughly. Gradually add the stock to the pasta and cover completely. Cook the pasta at a low simmer and stir carefully to avoid sticking.

In a large sauté pan heat 3 Tablespoons olive oil and sear the mushrooms and garlic scapes until golden brown. Add the butter. Let the butter become golden brown, then strain the mushrooms and scapes and reserve. In a cold bowl, whisk the heavy cream until slightly thick.

Cook the pasta until it is firm to the bite. Finish the pasta with truffle butter, Parmesan cheese, and the baby arugula. Add the heavy cream at the very end before serving. In a large bowl spoon the pasta into the center and place the mushrooms and scapes over the top. Shave a block of Parmesan cheese with a potato peeler to get thin shavings, and use them to garnish the dish.

**Wine Pairing:**

Puligny Montrachet, Domaine Jean Marc Boillot, Burgundy 2004

**Pickled Garlic Scapes**

I saw several recipes for pickled garlic scapes on the internet. They are all similar to this one, with a few adding a variety of herbs for seasoning.

- 1 pound or more of scapes, whole
  - 3 cups vinegar
  - 5 cups water
  - ¼ cup kosher salt
  - 1 tbsp curry powder in each quart jar (if desired)
- other herbs to taste: basil & oregano are very good plus chopped cayenne or jalapeno pepper to taste

Boil the water, vinegar & salt solution. Pack hot jars with whole scapes, then curry powder, 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. Makes 3 quarts

*Here's another pickled garlic scape recipe from [The Deliberate Agrarian Blog](#).*

The recipe we use for making pickled scapes is the **Dilly Beans** recipe found in the **Ball Blue Book**.

2 pounds green beans (*substitute garlic scapes*)  
1/4 cup canning salt  
2-1/2 cups vinegar  
2-1/2 cups water  
1 teaspoon cayenne pepper, divided  
4 cloves garlic, divided  
4 heads dill, divided

Trim ends off green beans. Combine salt, vinegar and water in a large saucepot. Bring to a boil. Pack beans lengthwise into hot jars, leaving 1/4" headspace. Add 1/4 teaspoon cayenne pepper, 1 clove garlic, and 1 head dill to each pint. Ladle hot liquid over beans, leaving 1/4" headspace. Remove air bubbles. Adjust two-piece caps. Process pints and quarts 10 minutes in a boiling-water canner. Yield: about four pints.



We modified the recipe a bit. For example, we left out the garlic cloves. And since our dill is not yet ready to use, we put a tsp of dill seed in each pint jar.

In all, we canned 14 pints of pickled scapes. As an experiment, we packed one quart jar with curly pieces from higher up the stem (the tougher end) to see how they would turn out. I also put in a couple of the flower pod ends. As I'm writing this, James opened the quart jar and we've been sampling the pieces. They're good. So I guess we could have canned a lot more of the scapes than we did. The flower heads are, however, not tender and I would never try pickling them again.