

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.

### **Garlic Scape Ideas:**

- You can add sliced scapes to any stir fry recipe.
- Slice and sprinkle over any pasta, or slice and cook them in almost any sauce recipe.
- Great in guacamole and fresh salsa, too.
- Chop & add to softened cream cheese.
- Add chopped fresh scapes when serving a light garlic soup; can also add them to buttered, french bread floated on the soup. -Use them as you would green onions, they're just better.
- Good in salads, on bruschetta, pizza.
- An excellent addition to stocks....and much Asian cuisine.
- Put in Thai chicken/basil/coconut soup.

### **Garlic Scape Tortilla**

- 1 & 1/2 cups chopped garlic scapes
- 1/2 cup chopped scallions
- 1/4 cup hot water
- Salt & Pepper
- 4 large eggs
- 2 Tbsp. extra virgin olive oil

Place garlic and scallions in a 10 inch skillet with 1 tsp. oil, 1/4 cup water and a pinch of salt. Cook covered over med. high heat until tender, about 5 minutes. Drain well. Beat eggs with salt and pepper. Add remaining oil to skillet. When oil is hot, shake skillet to spread greens evenly, add eggs. Cover and cook over med. low heat until top is set [2-3 Minutes].

### **Mashed Potatoes with Garlic Scapes**

- 2 1/2 lbs. russet potatoes, peeled and cut into 1" pieces.
- 2 Tablespoons butter (can omit this if on a restricted fat diet/lifestyle)
- 1-2 Tbsp, olive oil
- 1/4 cup finely chopped scapes
- 1/4 cup hot milk (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 saute about 5 minutes. Add to potatoes and mash. Gradually add milk while stirring. Season with salt and pepper.

### **Chicken With Garlic Scapes & Capers**

2 whole skinless boneless chicken breasts, halved  
2 Tbsp. Unsalted butter  
2 Tbsp. vegetable oil  
4 Tbsp. dry white wine  
2 Tbsp. lemon juice  
4 chopped garlic scapes  
1 Tbsp. drained capers

Between sheets of plastic wrap slightly flatten chicken. In a large heavy skillet heat 1Tbsp. of butter and the oil over medium high heat. Saute until cooked through. Season with salt & pepper. Transfer chicken to a platter and keep warm. Pour off fat from skillet and add the remaining butter, the wine, lemon juice, scapes and bring mixture to a boil. Stir in capers and salt & pepper to taste. Spoon sauce over chicken. Serves 4.

### **Roasted Garlic Scapes**

Take the scapes and put them in a lightly oiled roasting pan, top with salt (kosher or seas salt works best but any will do). Put the loaded and covered pan in a hot (425 °F) oven for 30 to 45 minutes or until they are beginning to turn brown. serve as a side or main dish. Tastes like roasted garlic but creamier.

### **Garlic Scape Carbonara**

serves 4

This pasta is fantastic as a meal served with a big garden salad and some crusty bread. If desired, add a half-cup of fresh, lightly cooked peas to the mix for a little added nutrition (and sweetness).

1/2 lb campanella pasta, or shape of your choosing  
4 slices bacon (about 3 1/4 ounces), chopped  
1/4 cup garlic scapes, cut into 1/4 inch coins  
2 large eggs  
1/4 tsp kosher salt  
1/4 tsp red pepper flakes  
1/2 cup freshly grated Romano cheese

Set a pot of water to boiling on the stove and cook the campanella pasta (or desired shape).

While it's cooking, cook the bacon over medium heat until browned. Remove the bacon pieces with a slotted spoon and add the garlic scapes. Cook until soft (2-3 minutes). Remove from the pan with a slotted spoon. (Drain both the bacon and the garlic scapes on a paper towel).

Whisk together the eggs, salt and red pepper flakes.

When the pasta is done, quickly remove it from the stove and set a different burner to low heat. Drain the pasta and add it back to the pot, on the burner set to low. Stir in the garlic scapes and bacon. Add the egg mixture and stir feverishly for 3-4 minutes until sauce is thick and creamy. Don't let it overcook or it will be gloppy. Sprinkle the romano cheese in, a little at a time, and stir to combine. Don't add it all at once or it won't mix through out the pasta as well (since it will clump).

Serve immediately.