

Janice Feuer-Haugen, chef, food blogger, culinary coach and teacher. Author of five cookbooks including *Fruit-Sweet & Sugar-Free* and *Chocolate Decadence*. She shares her recipes and tips for living everyday healthy, everyday delicious in cooking classes and in her blog: EverydayHealthyEverydayDelicious.com.



The Great Scape! GARLIC SCAPES

NATURALLY DELICIOUS RECIPES • Janice Feuer-Haugen

GARLIC SCAPE PESTO WITH PARSLEY, WALNUTS & PECORINO

The exuberantly curlicued flower stem from fall-planted hardneck garlic (the kind grown in Montana) is known as a garlic scape. Farmers remove each scape to encourage the growth of large and plump bulbs of garlic underground. For years garlic scapes remained underappreciated. So underappreciated, that they usually ended up tossed into compost piles.

Over the past half-a-dozen or more years, garlic scapes have been “discovered.” Unless you grow your own hardneck garlic, garlic scapes remain difficult to find outside of farmers’ markets. Consider this article your advance warning to buy garlic scapes whenever you find them as their availability lasts for only a short few weeks from late spring to early summer.

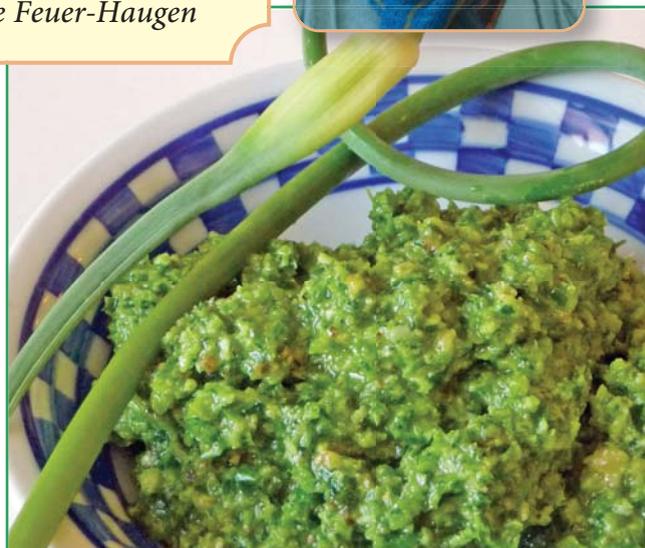
The first-picked and thinner scapes, and those with only one curlicue, are both more tender and milder than the mature scapes, and of heads of garlic still to come. Although mature scapes twist and turn and look wonderfully exotic as they grow, they become stronger and more fibrous, requiring peeling and some gentle cooking before eating.

Healthwise

Although milder in taste than garlic cloves, garlic scapes have many of the same health benefits. High in fiber and antioxidants, they both contain excellent amounts of manganese and vitamin B6, along with good amounts of Vitamin C, copper and calcium. From oxygenating the blood, to boosting the immune system to protecting against heart disease, high blood pressure and even certain cancers, garlic and garlic scapes pack a nutritional punch too good to pass up.

Garlic Scape Pesto to LIVE For!

The first time I came home with a one-pound bag of garlic scapes from my favorite farmer, I began



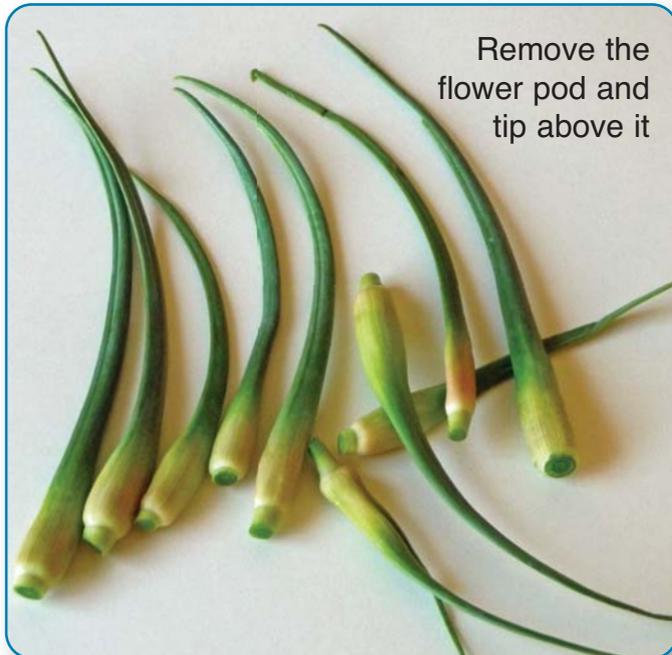
searching for recipes. It quickly became obvious that those who know and love garlic scapes can barely stand the wait from year to year to make and enjoy *Garlic Scape Pesto*.

Following their lead, I used my own favorite *Basil Pesto* recipe as my inspiration, with garlic scapes replacing both the basil and the garlic. In minutes I had a fresh tasting, mildly garlicky, gloriously green early summer pesto. So delicious, I immediately made a double batch using the remaining scapes. Ever since those first garlic scapes, I now buy a bag each week of their short season. More often than not, I turn them into *Garlic Scape Pesto*. Fortunately this, and all varieties of pesto, freeze well. In fact, we’ll be enjoying my last jar of last summer’s *Garlic Scape Pesto* tonight, swirled into a pot of *Creamy Lima Beans and Greens Soup* (our recipe from the previous issue).

10 Ways to Enjoy Garlic Scape Pesto or Garlic Scapes:

1. Add to hummus
2. Toss with pasta
3. Stir into soup
4. Swirl into scrambled eggs
5. Enjoy on a spoon straight from the jar

6. Top on a pizza
7. Spread on bruschetta
8. Sauté with mushrooms
9. Thinly slice on salads
10. Stir-fry with most everything ■



GARLIC SCAPE PESTO WITH PARSLEY, WALNUTS & PECORINO

Garlic Scape Pesto freezes well. Consider making it often during the short few weeks that garlic scapes are available.

Makes just over 1 cup • Start to Finish: 15 minutes

INGREDIENTS

- 4 ½ ounces young garlic scapes (10–11 scapes)
- 1 cup packed parsley leaves, such as a combination of

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- both Italian flat leaf and curly leaf parsley
(note: save the stems for stock)
- ¾ teaspoon sea salt
- 8 twists freshly ground pepper
- ½ cup extra virgin olive oil
- ⅓ cup walnuts
- ⅓ – ½ cup grated fresh *Pecorino Romano cheese

DIRECTIONS

1. Wash and dry the scapes. Remove the flower pod and the tip above it from each scape, reserving them for stock.
2. Cut the rest of the scapes into approximately 1-inch pieces to equal a slightly rounded cupful.
3. Pulse the scapes in a food processor until you have pieces no larger than a quarter of an inch.
4. Add the parsley, salt, pepper and olive oil. Process until coarsely chopped. Add the walnuts. When the walnuts are chopped, add the cheese. Mix until combined.
5. Serve immediately or pack into jars to refrigerate it up to a week.
6. To freeze pesto up to a year, place it in a jar. Cover the pesto with a thin layer of olive oil and tighten the lid.

**Pecorino Romano is an Italian hard cheese produced from fresh sheep's milk. It is aged from 8–12 months, developing a distinct sharp, savory flavor during the aging process. Pecorino Romano is one of the most widely used alternatives to Parmesan cheeses.*

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