

Garlic and Garlic Scapes

Garlic is a plant with a very strong and bitter flavor which has been used for both culinary and medical purposes for hundreds of years. The key medicinal ingredient in garlic is allicin, which is known to have wonderful anti-bacterial, anti-viral, anti-fungal and anti-oxidant properties. It is a Central Asian native.



TIPS:

Storage: In a dry cool spot.

General Cooking Info: Break cloves apart and smash them between the cutting board and the broad side of your knife. This loosens the peel. Simmer chopped garlic in hot oil for a few seconds before adding other vegetables to fry. Shred garlic into soups and stews. Roast it.

Growing info: Garlic is planted in late fall the year before harvesting it. The garlic we planted last October, will be the first thing to sprout in the garden in March. Harvest occurs in July.



Scapes ready to be pulled off the plant

Garlic Scapes: Scapes are the flowering heads of hard-neck garlic. We pull them off so the plant diverts its energy into bulb production. The scapes have a great fresh garlic flavor. The tender bottoms of the scapes are especially good eating, but all of it can be chopped and used like garlic.

They can be run through a food processor to break them down into a paste which can be stored for a very long time in the freezer.

Roasted Garlic Recipe

1 Preheat the oven to 400°F.
 2 Peel away the outer layers of the garlic bulb skin, leaving the skins of the individual cloves intact. Using a knife, cut off 1/4 to a 1/2 inch of the top of cloves, exposing the individual cloves of garlic.
 3 Place the garlic heads in a baking pan; muffin pans work well for this purpose. Drizzle a couple teaspoons of olive oil over each head, using your fingers to make sure the garlic head is well coated. Cover with aluminum foil. Bake at 400°F for 30-35 minutes, or until the cloves feel soft when pressed.
 4 Allow the garlic to cool enough so you can touch it without burning yourself. Use a small small knife cut the skin slightly around each clove. Use a cocktail fork or your fingers to pull or squeeze the roasted garlic cloves out of their skins.

Eat as is (I love straight roasted garlic) or mash with a fork and use for cooking. Can be spread over warm French bread, mixed with sour cream for a topping for baked potatoes, or mixed in with Parmesan and pasta.

from Simply Recipes

Poached Garlic Soup

30 cloves garlic, peeled
 7 cups vegetable or chicken broth, divided
 Toasted Garlic-Butter Bread (see recipe below)

1/2 cup butter
 1/2 cup chopped onion
 8 small new potatoes, peeled, diced and reserved in cold water
 Salt and pepper to taste
 1 cup heavy cream
 1 cup milk
 Coarse salt & freshly-cracked pepper
 Freshly grated Parmesan cheese

In a medium saucepan over medium-high heat, combine garlic cloves and 3 cups of vegetable or chicken broth; bring to a boil and poach 15 minutes or until soft. Remove garlic cloves to a small bowl and mash with a fork; set aside for use in make Toasted Garlic-Butter Bread. Cook and reduce chicken broth to a glaze; remove from heat and set aside.

Prepare Toasted Garlic-Butter Bread; cover with plastic wrap until ready to serve.

In a large soup pot over low heat, melt butter. Add onion and sauté until soft. Drain the water from the potatoes; stir the potatoes into the butter and onion mixture. Season with salt and pepper. Add remaining 4 cups vegetable or chicken broth. Increase heat to medium-high; simmer, uncovered, 25 minutes or until the potatoes are softened. Remove from heat and let cool 10 to 15 minutes. In a food processor or blender, puree soup; return to soup pot. Add garlic glaze; stir until well blended.

Spinach Garlic Pasta

1 (16 ounce) package angel hair pasta
 4 cloves garlic, minced
 1 (10 ounce) package frozen chopped spinach, thawed
 1 tablespoon olive oil

1. Cook the pasta in a large pot of boiling salted water until al dente. Drain.
 2. Heat oil in a large skillet. Add the garlic, and cook for 1 minute. Add the spinach and the cooked pasta. Mix well, and cook for approximately 2 minutes, stirring often. Serve.

from Allrecipes.com

Garlic Scape Pesto

1 cup garlic scapes (about 8 or 9 scapes), top flowery part removed, cut into 1/4-inch slices
 1/3 cup walnuts
 3/4 cup olive oil
 1/4-1/2 cup grated parmigiano
 1/2 teaspoon salt
 black pepper to taste

Place scapes and walnuts in the bowl of a food processor and whiz until well combined and somewhat smooth. Slowly drizzle in oil and process until integrated. With a rubber spatula, scoop pesto out of bowl and into a mixing bowl. Add parmigiana to taste; add salt and pepper. Makes about 6 ounces of pesto.