

# Garlic & Garlic Scapes

There are many exciting garlic preparations to choose from: zesty raw garlic, mellow roasted garlic, pickled garlic, and the savory flavor of sautéed garlic that falls somewhere in between. Garlic scapes are the curlicue flower stalks we snap off of garlic plants in the spring to redirect the plant's energy down toward the root.

## HANDLING

To separate the cloves, set the bulb, root end up, on a counter and press down on it with your palm. To peel an individual clove, trim off the root end and then press on the clove with the flat side of a knife. The skin should pop off nicely. If garlic is fresh—uncured—the skin will present more of a challenge.

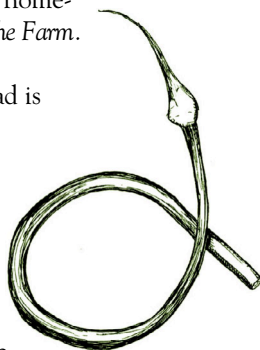
To mince garlic, lay the clove on its flat side on a cutting board. With a small, sharp paring knife, make thin lengthwise slices, using your fingers and thumb to keep the slices squeezed together. Then slice crosswise, making even more tiny slices. Or, use a garlic press.

Garlic scapes can be minced, chopped, or sliced.

## Garlic Croutons

The great thing about making your own croutons is that you can make them at your leisure, when the inevitable stale half-loaf of bread appears in your kitchen. While store-bought croutons are adequate in a pinch, you'll find that the little extra time and effort it takes to make your own make this delicious home-made version an attractive option. *Friend of the Farm*.

stale bread, any amount, sliced (white bread is best, but any kind works)  
olive oil  
salt  
garlic cloves, peeled, top quarter sliced off



1. Preheat the oven to 450° F.
2. Brush both sides of the bread with a thin layer of olive oil. Place the bread on a baking sheet and sprinkle tops lightly with salt. Bake until lightly golden, 5 to 7 minutes, checking frequently to make sure bread doesn't burn.
3. Remove the bread from the oven and rub all over with the cut side of the garlic cloves.
4. Cut the bread into smaller pieces if desired. The bread is ready to be used or stored.

### A Shareholder

I want to express my total approval of this year's garlic—not just because of the flavor, but because the cloves are so big, and so easy to peel, that they take all the bother out of preparing garlic for the skillet. Thanks again!

## STORAGE

Like onions, garlic can be eaten fresh (uncured) or dried. Dried garlic will keep for several months in a dark, dry, well-ventilated place at a cool room temperature. Keep fresh green garlic in a plastic bag in the refrigerator and use promptly; accumulated moisture in the bag will cause it to spoil. Store unwashed garlic scapes in a loosely wrapped plastic bag in the refrigerator for up to two weeks.

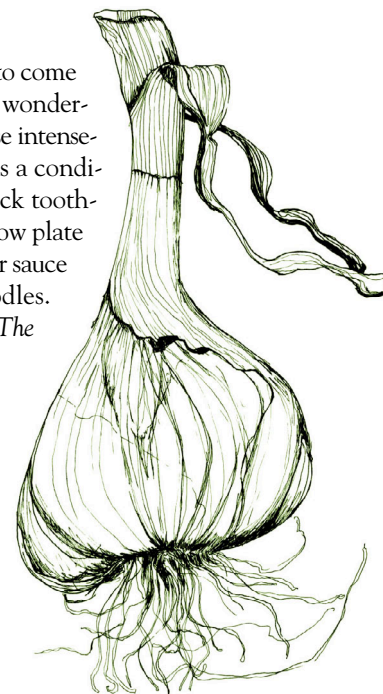
## Mongolian Garlic

If you find yourself lucky enough to come upon a bounty of garlic, here is a wonderful recipe to use up some of it. These intensely flavorful little gems are great as a condiment, or, for an hors d'oeuvre, stick toothpicks in them and serve in a shallow plate in a pool of the sauce. Any leftover sauce is delicious over rice or egg noodles.

*Friend of the Farm* (adapted from *The Modern Art of Chinese Cooking*).

Makes about 2 cups

- 5 large, firm heads garlic
- 2/3 cup chicken or vegetable stock or water
- 1/4 cup soy sauce
- 3 tablespoons sake or Chinese rice wine
- 2 tablespoons sugar
- 1 tablespoon honey
- 1/2 teaspoon hot chili oil (optional)



1. Separate the cloves of garlic from the head. Peel away all skins that fall away from the cloves, but leave the thin layer of skin that doesn't fall away on each clove. Use only large, firm cloves.
2. Combine the remaining ingredients in a medium saucepan and set over medium heat. When the liquid is just about to simmer, add the garlic, turn the heat to low, and partially cover.
3. Stew the garlic in the liquid until the garlic is very soft, 3 to 4 hours depending on the size of the cloves and the variety of garlic. It is very important that the liquid does not come to a boil; the garlic will turn bitter if boiled. Uncover the pot frequently to check that the liquid is just barely simmering and to stir the garlic. At the end of the cooking time, turn off the heat, cover the pot tightly, and let the cloves marinate in the liquid for 2 hours.
4. The cloves can be served at this point or refrigerated for up to a week. They are best served warm or at room temperature. The cloves are still in their skins. Pop them in your mouth this way and use your tongue to squeeze out the clove (it comes out easily), or squeeze it out with the flat side of a knife.

Excerpted from *Farmer John's Cookbook: The Real Dirt On Vegetables: Seasonal Recipes and Stories from a Community Supported Farm* by Farmer John Peterson & Angelic Organics (Gibbs Smith Publisher). Check with your local farm or bookstore for availability. Additional recipes, charts, individual copies of this book, and quantity discounts available at [www.AngelicOrganics.com/cookbook](http://www.AngelicOrganics.com/cookbook).

