

Scape Pesto

Ingredients:

1/4 cup pine nuts

3/4 cup coarsely chopped garlic scapes*

Juice and zest of 1/2 lemon

1/2 teaspoon salt

A few generous grinds of black pepper

1/2 cup extra virgin olive oil

1/4 cup grated Parmigiano Reggiano cheese

*Or use half scapes and half herbs such as basil, dill and chervil

Directions:

In a small, dry pan set over very low heat, lightly toast the pine nuts, stirring or tossing occasionally until just beginning to brown, about 2-3 minutes. Remove from the heat and let cool for a few minutes.

Combine the scapes, pine nuts, lemon juice and zest, salt, and pepper in the bowl of a food processor fitted with the blade attachment. Pulse about 20 times, until fairly well combined. Pour in the olive oil slowly through the feed tube while the motor is running. When the oil is incorporated, transfer the pesto to a bowl and stir in the grated cheese. If you plan to freeze the pesto, wait to add the cheese until after you've defrosted it.

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Broccoli Beet Salad

Submitted by Elizabeth Bishop

From Love Beets

Ingredients:

200g broccoli, stems cut in half

80g mixed seeds (e.g. sunflower, pumpkin, sesame)

1 tbsp soy sauce

250g cooked beets, cut into wedges

Small bunch fresh chives, snipped

For the Dressing:

2 tbsp olive oil

Juice 1/2-1 lemon, to taste

Freshly ground pepper and sea salt

Directions

Make the dressing by whisking together the olive oil and lemon juice to taste. Season with freshly ground pepper and sea salt. Set aside. Steam or boil the broccoli for 3-4 minutes until just tender but with a little bite. While the broccoli is cooking, toast the seeds by tipping them into a small frying pan. Add soy sauce and cook over medium heat, tossing regularly to coat all over, for about 3 minutes until the seeds are crisp and golden. Take care not to burn them or they will taste bitter. Arrange the cooked broccoli and beet wedges on your prettiest plate, drizzle with the dressing and sprinkle the toasted seeds. Serve immediately.

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Grilled Scapes

Another great, and very different, way to showcase scapes is to grill them, tossed with a little olive oil, salt, and pepper, over direct heat for about two minutes. Flip them once, halfway through, and finish with an extra sprinkle of flaky salt and maybe a bit of lemon juice and zest. They'll be charred in spots and just soft enough, and their flavor will have sweetened and mellowed dramatically. Grilled scapes are surprisingly reminiscent of asparagus, and surprisingly different from raw scapes.

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Brazilian Collards

Submitted by apprentice Cheryl Kastanowski

Ingredients:

2 lbs collard greens

2 tablespoons olive oil

1 tablespoon butter

1/3 cup minced shallot
1 tablespoon minced garlic
kosher salt and pepper

Directions:

1. Remove and discard stems from collard greens and cut leaves into strips.
2. Heat oil and butter in large saute pan over medium-high heat. Add shallots and garlic, sauteing until brown.
3. Slowly add collard greens, stirring until they reach the desired degree of tenderness, about 15 minutes (time will vary on your personal taste).
4. Add kosher salt and pepper to taste.

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Grilled Romaine

From foodnetwork.com

Ingredients:

2 heads romaine lettuce
Extra-virgin olive oil
Citrus Caesar Vinaigrette, recipe follows
Parmigiano-Reggiano

Citrus Caesar Vinaigrette:

1 clove garlic, minced
1 tablespoon grated lemon zest
3 tablespoons fresh lemon juice (from 1 to 2 lemons)
2 tablespoons anchovy paste
1 tablespoon white wine vinegar
2/3 cup extra-virgin olive oil

Directions:

Preheat a grill to medium-high.

Rinse and pat dry the lettuce. Cut the 2 heads in half lengthwise. Brush surface with olive oil and grill about 4 to 5 minutes total, turning occasionally. Place each wedge on a salad plate and drizzle with Citrus Caesar Vinaigrette or your favorite Caesar dressing. With a vegetable peeler, shave some pieces from a wedge of Reggiano-Parmigiano over each salad and serve.

Citrus Caesar Vinaigrette:

Place all ingredients in a pint jar with a lid. Secure the lid, then shake to blend. Store, covered, in the refrigerator for up to a week.