



Garlic Scapes - California Style

A California customer phoned in this recipe as the new veggie rage sweeping across the state. We agree – delicious!

Ingredients

½ lb. **Ontario garlic scapes**
½ tbsp. sesame oil
½ tbsp olive oil
1 tbsp. sesame seeds
Coarse sea salt

Directions

Snip flower ends off of **Ontario garlic scapes** and trim up the bottom. Scapes must be coiled and tender. Bring a salted pot of water to a rolling boil. Blanch scapes for 1 minute, drain immediately and place in cold water to stop cooking. Drain and dry garlic scapes.

Heat both oils in a skillet over medium heat. Add garlic scapes to pan, tossing to coat and fry until tender (not more than 5 minutes). Toss with sesame seeds.

Plate and sprinkle with coarse sea salt.

Optional: dusting of parmesan cheese



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