

Carrboro

FARMERS' MARKET

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Recipe of the Week

April 14, 2007

Creamy Green Garlic

from Sheila Neal, Market Staff

Green garlic is immature garlic that our vendors harvest. And boy I'm glad they do. It has a lovely herbal quality that now makes me think of spring cooking. It looks like a leek and if really young resembles a scallion. Green garlic is found at Market for about 6 weeks in early spring. This recipe is versatile. It can be spooned on toast for an appetizer or for breakfast. It also can be used as a topping for baked potatoes – Idaho or sweet, stirred into pasta or scrambled eggs, or used as a filling for ravioli or an omelet. It will keep for 3 days if there's any left after you make it.

Ingredients

7 large green garlic,* large = the white bulb-end a little larger than the diameter of a quarter
4 tablespoons butter
1 teaspoon salt
1 cup heavy cream
Black pepper
Parsley or tarragon,* optional

Procedure

Remove any yellow outer leaves from the green garlic. Trim the root end and any dark green leaves. Save the dark green leaves for stock. Cut the green garlic in half lengthwise. Remove any of light green layers that feel tough. Slice the green garlic thinly into half moons using the light green part all the way to the root end. You need 4 cups total. Place sliced green garlic in a big bowl of water to wash off grit. Lift green garlic out of water and drain. The grit will have settled to the bottom of the bowl and you can now dump the water without the grit getting back on the green garlic.

Melt butter on medium low heat in a medium size saucepot. Add green garlic (it can be damp) and salt. Toss green garlic so it is coated with the butter. Cover partially with a lid and cook until soft, about 15 minutes. Add the cream, let it come to a simmer, and then reduce heat to low. Cook until cream thickens, about 10 minutes. Add several cracks of black pepper. You can add chopped herbs or even a bit of fresh goat's milk cheese. Serve in any manner listed above or follow your own instincts.

*Available at Market