

MUSCOVITE GARLIC SCAPE



Ingredients:

4% BRINE:

- 40 g (8 tsp) salt
- 1 l (4 cups) water, at room temperature
- 500 g (18 oz) garlic scapes

Muscovite garlic scapes preparation

Garlic cloves are the thin, green stems that grow from the garlic bulb. They are long, curled and look like a cross between a chive and a capelin. The stem of a garlic clove often also includes a bump at the end; it's actually a bud, and if you left the scapes on the bulb, the bud would bloom. In recent years, the shells have become a culinary force in their own right.

Prepare brine by dissolving salt in water. Remove and discard heads of garlic scapes. Cut stalks into pieces 2 to 6 inches (5-15 cm) long. Press stalks into the jar without crushing them. Cover with brine. Cover surface with cabbage leaf or plastic food wrap. Set a weight on top and close the jar. Let ferment for 45 days.

Fermented muscovite garlic scapes are a delight when ground and added discretely to a vinaigrette or spicy sauce. Try them out in a sun-dried tomato tapenade, garnished with sourdough croutons for the next vampire hunt. Keeps for more than a year in the refrigerator.

See more recipes [here](#).

Recipe by David & Sébastien, revolutionfermentation.com.

Products used to prepare this recipe:



Veggie Fermenter

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