

Garlic Fronds

A customer asks - "What do you do with garlic fronds?"

Treat them like green beans as far as cooking goes. Lightly steamed till tender or stir-fried. After cooked, they can be chilled and put in a salad. What I like to do is put a big bunch in a big bowl, put 4-5 TBS of good olive oil on 'em, salt and pepper the heck out of them, toss well and let hang out for a few hours. Throw them directly on a hot charcoal grill (right on the grate) and turn with a tongs whenever they start to blacken a little, keep this up for 5 minutes or so, toss them back in the bowl, add a little more oil (flavored oil or whatever, pistachio oil...) and squeeze the juice of a whole lemon over them, toss well and serve warm over a big plate of salad greens accompanied by other grilled veggies or meats.

Source: James Cassidy