

Garlic Scape Soup

1 pound garlic scapes

2 litres chicken stock

Salt & pepper to taste

Herbs to taste – parsley or whatever you like (basil, thyme and rosemary all taste great)

Light cream – 1-2 cups

Heat the chicken stock to boiling. Coarsely chop the scapes into pieces (5-10 cm long) and add to the stock. Cook until just tender (10-15 minutes). Pour the stock with scapes into a blender and blend until the scapes are 1 cm or less, then return to the pot and bring back to a boil. Add salt and pepper plus herbs, heat until wilted if using fresh herbs. Add the cream and heat until hot and enjoy! A parsley leaf and a tiny scape make a great garnish when serving. This soup freezes well.