

Garlic Chives, *Allium tuberosum*

Tips for Garlic Chives:

- Both the leaves, buds, and flowers of garlic chives are edible and have garlic flavor.
- Use in place of chives, onions and garlic.
- Use leaves and flowers in compound butters, mixed into soft cheeses, in salads and salad dressings.
- Add near the end of cooking in hot dishes such as stir fries, egg dishes or soups.
- Combines well with other herbs such as thyme, rosemary, or tarragon
- Garlic Chives are often found in Asian markets, sold by the bunch.

Stir-Fried Garlic Chives with Chile

1 tablespoon peanut oil

$\frac{3}{4}$ pound green garlic chives, flat parts only, cut into 1½" pieces (4 cups)

1 teaspoon dried hot red pepper flakes

Rounded $\frac{1}{4}$ teaspoon salt, or to taste

Special equipment: a well-seasoned 14-inch flat bottomed wok

Accompaniment: 2 cups steamed white rice

Heat wok over high heat until a drop of water vaporizes instantly upon contact.

Add oil, swirling to coat wok evenly, and heat until hot and just smoking.

Add chives and red pepper flakes and stir-fry, letting chives rest on bottom and sides of wok several seconds between stirs, until chives are tender and slightly browned, 2 to 4 minutes.

Stir in salt. Serve over rice.

Makes 4 side-dish servings, active time 10 minutes, total time 10 minutes.

Gourmet, August 2005, Epicurious.com

Stir-Fry of Flowering Garlic Chives and Pork

"If you have had pad Thai as it's made in Thailand, you are already aware of the unfailing presence of the main aromatic ingredient and a side garnish/crudit : the leaves and tender stalks of garlic chives. And if you regularly wander the streets of Bangkok a little further beyond pad Thai stalls, chances are you have seen or tasted Chinese steamed chive dumplings or fried chive cakes wherein the leaves of Chinese chives are used.

But there's another part of garlic chives that you'll see used in Thai food only if you a regular patron of local rice-curry shops or school cafeterias and/or live in a Thai household (or with a Thai): garlic chive buds and their tender, crunchy bud stems. The simple stir-fry of "broomsticks" (the unofficial but frequently-used term that the Thai have designated specifically to these particular parts of garlic chives) and meat is hardly ever served in a restaurant — the kind where you're handed a menu upon being seated; this is a rice-curry shop staple and a dish that is firmly rooted in the Thai homes."

2 tablespoons vegetable oil
6 ounces of a quick cooking cut of meat such as boneless chicken breasts, boneless chicken thighs, pork loin or tenderloin, peeled and deveined shrimp, etc. thinly sliced into bite-sized pieces
1 pound flowering garlic chives, cut into 1-inch pieces
1 tablespoon light soy sauce
1 tablespoon fish sauce (add only ½ tablespoon first and add the remainder later if it's not salty enough—but remember that this is to be served with bland rice)
½ teaspoon granulated sugar (optional but recommended)
½ teaspoon ground white or black pepper)

Set a wok or a 14-inch skillet on medium-high heat. When the wok is hot add the oil.

Add the meat and light soy sauce; stir-fry until the meat is cooked, about 1-2 minutes.

Crank up the heat to high; add the garlic chives and the fish sauce; stir-fry until the vegetable is tender but still bright green and crunchy, no more than a minute.

Don't let the dish cool in the wok; plate it immediately to prevent the residual heat from cooking the chives beyond the tender-crisp point. Serve with rice.

Serves 2-3, prep time 10 minutes, cook time 10 minutes, total time 20 minutes.

SheSimmers.com

Chinese Garlic Chives Stir Fry with Eggs

Garlic chives stir fry with eggs is a popular homestyle Chinese dish. It's a great side dish for a family but would be a hearty and simple vegetarian main dish for 2 people. This recipe is fast and easy to make in about 15 minutes.

1 teaspoon olive oil or other neutral oil	4 eggs, lightly beaten
1/8 teaspoon salt	1 teaspoon oyster sauce
½ pound garlic chives, chopped	

Preheat a large non-stick frying pan at medium heat for 4-5 minutes. When the pan is hot enough, add 1 teaspoon olive oil and a sprinkle of 1/8 teaspoon salt, swirl the pan to coat. Add the chopped garlic chives and stir fry for 2-3 minutes until it looks 75% cooked.

Add the lightly beaten egg and use a spatula to stir the chives gently, allow the eggs to cook for 1 minute.

Drizzle the oyster sauce on the eggs. Gently stir fry to coat the garlic chives and egg with sauce. Serve immediately.

Prep time 5 minutes; Cook time 7 minutes; Total time 12 minutes; Serves 4

Sharon Wong, NutFreeWok.com

Do you have a recipe using garlic chives to share?
Please send it to educator@herbsociety.org