



Fish with Garlic Scapes

Ingredients

1 lb of fish fillets
1 handful of garlic scapes, chopped/li>
Butter and/or oil for sautéing
Salt and pepper to taste

Directions

Heat butter and/or oil over medium high heat. Saute the garlic scapes until they cook down a bit. Place fish on top and sprinkle it with salt and pepper to taste. Use a spatula to flip the fish and garlic scapes around so that the garlic scapes are on the top and the fish is on the bottom of the pan. Serve hot out of the pan.

Source: Paul Johnson, a Port Clyde Fresh Catch CSF subscriber visiting from Byfield, Massachusetts. Paul created this dish after finding garlic scapes at the Rockland farmers market.