



Connecting New Jersey Farms to Local Schools

Scallions are the featured item in our Garden State on Your Plate tastings!

Our Garden State on Your Plate Scallion Tasting

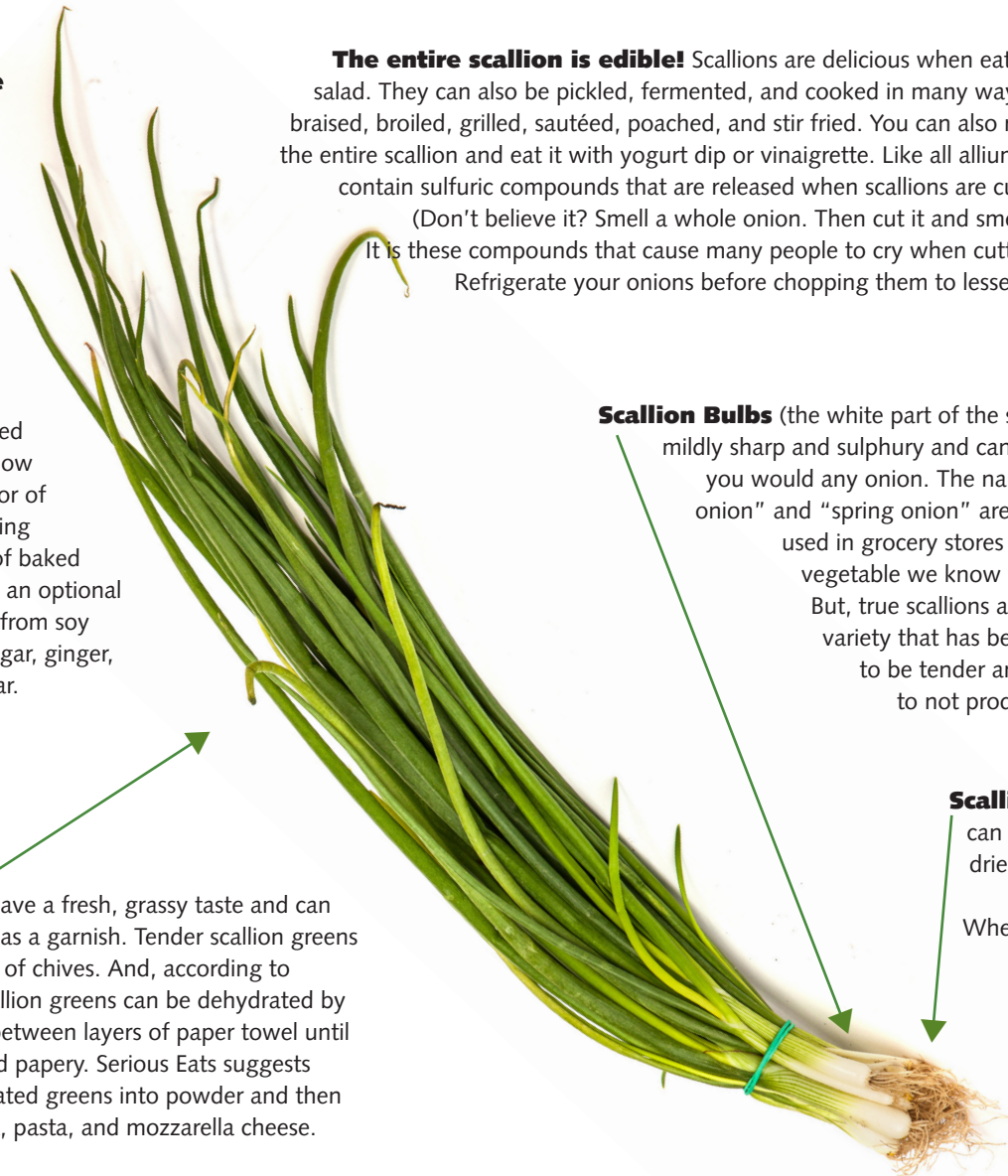
begins with a sampling of raw scallion. The students then season the scallion with a pinch of lime-infused salt from SaltWorks. The students are asked to pay attention to how salt changes the flavor of the scallion. The tasting finishes with a slice of baked scallion pancake and an optional dipping sauce made from soy sauce, rice wine vinegar, ginger, and a tiny bit of sugar.

Scallion Greens have a fresh, grassy taste and can be sliced thin to use as a garnish. Tender scallion greens can be used in place of chives. And, according to SeriousEats.com, scallion greens can be dehydrated by microwaving them between layers of paper towel until they become dry and papery. Serious Eats suggests grinding the dehydrated greens into powder and then sprinkling it on pizza, pasta, and mozzarella cheese.

The entire scallion is edible! Scallions are delicious when eaten raw in a salad. They can also be pickled, fermented, and cooked in many ways including braised, broiled, grilled, sautéed, poached, and stir fried. You can also roast or grill the entire scallion and eat it with yogurt dip or vinaigrette. Like all alliums, scallions contain sulfuric compounds that are released when scallions are cut or bitten. (Don't believe it? Smell a whole onion. Then cut it and smell it again!) It is these compounds that cause many people to cry when cutting onions. Refrigerate your onions before chopping them to lessen the tears.

Scallion Bulbs (the white part of the scallion) are mildly sharp and sulphury and can be used as you would any onion. The names "green onion" and "spring onion" are sometimes used in grocery stores to label the vegetable we know as scallions. But, true scallions are a distinct variety that has been selected to be tender and mild and to not produce a bulb.

Scallion Roots can be cleaned, dried, and fried until crispy. When seasoned with salt, they make a tasty topping for onion dip.



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Angel Wong's Scallion Pancakes

The Food Science classes at JW Middle School made scallion pancakes using this recipe from Alice Wong's Kitchen (YouTube)

2 cups all-purpose flour	¾ cup hot water	Vegetable or Canola Oil
1 teaspoon kosher salt	4-5 stalks of scallions	Sea Salt Flakes

1. In a large mixing bowl combine flour and kosher salt. Add hot water a little bit at a time. Thoroughly combine with flour and salt mixture until dough forms.
2. Turn dough out onto a clean, lightly floured surface. Lightly flour your hands also so the dough doesn't stick to them. Knead the dough for 5 to 8 minutes or until smooth. When done kneading, roll the dough into a ball. Cover the dough ball with a damp paper towel. Let the dough rest for 30 minutes.
3. While the dough is resting, chop the scallions. You could also use this time to make a dipping sauce.
4. Once the dough is done resting, divide the ball into three equal pieces. Each piece will be made into one pancake.
5. To make the pancake, take one of the three pieces and begin by flattening it out with the palm of your hand. Use a rolling pin to continue rolling it out as thin as possible. The dough should be so thin that three hands can fit side by side across the circle.
6. Using a pastry brush, brush the dough with a coating of vegetable oil. Then sprinkle evenly with scallions and sea salt flakes. Gently roll into a log shape. Roll log shape into a "cinnamon bun" shape and tuck the ends underneath. Let the "cinnamon bun" rest for 10 minutes.
7. Use your hand to flatten the "cinnamon bun." Then use the rolling pin to continue to roll it out into a circle shape. This time, it should be two hand widths across.
8. Preheat a nonstick skillet over medium heat and brush with a little bit of vegetable oil. Add the pancake to the skillet and brown each side of the pancake for 2 to 3 minutes before flipping. Continue to cook and flip for a total 6 to 8 minutes. You can brush with oil in between flipping as needed.
9. Once the pancake is done cooking, squeeze the sides together using the spatula to create texture and fluff up the layers.

Ingredients that Go Well with Scallions

asparagus • basil • butter • cheese • chile peppers • corn cream • eggs • fennel • garlic • ginger • leeks • lemon mushrooms • olive oil • oranges • parsley • potatoes • rice rosemary • sesame oil • soy sauce • thyme • tomatoes • vinegar

Words that Describe the Flavor, Color, and Texture of Scallions

bright • crisp • earthy • fresh • grassy • green hints of garlic and apple • metallic • oniony peppery • pungent • sharp • somewhat spicy sulfurous • sweet • tender • vegetal

GARDEN STATE ON YOUR PLATE SCALLION FACTS

Scallions are a member of the genus *Allium*, which also includes onions, garlic, shallots, chives, and leeks. Scallions and other alliums are essential ingredients in cooking because they are very versatile and complement many savory foods. Alliums are also packed with disease-fighting compounds.

The white base of true scallions have straight sides. Green onions have a slight bulb shape at the base because they are immature onions that will produce a bulb if left to grow. Spring onions are young onions that have started to form a bulb, yet still have green leaves. Unlike mature onions, spring onions are used fresh, rather than being dried for storage.

Scallions are easy to grow and are available year round. The peak season is spring and summer. Scallions seeds can be planted in early spring for summer harvest. They need well-drained soil and full sun to thrive. Harvest scallions when they are 6 inches tall. They get a stronger flavor as they grow older.

Scallions, green onions, and spring onions can be used interchangeably in cooking. When eaten raw, scallions are milder than green onions, which can be spicy and peppery. Spring onions have a stronger flavor than scallions, but are sweeter and mellow than regular onions. Greens of spring onions that are too tough to eat raw are perfect for making vegetable or chicken stock.

You can re-grow scallions on your windowsill at home! Place a few cut scallions in a jar, root side down, with some water. Your scallions will grow a few inches in a week, giving you fresh greens to use in salads or to put on top of soups and stews.

The sulfur content of scallions and other alliums is determined, in part, by how much sulfur is in the soil. The more sulfur in the soil, the more pungent the flavor of the onion. Low-sulfur soils produce sweeter onions. Genetics also play a big role in the flavor of onions. For example, a Vidalia onion grown in sulfur-rich soils will not be as pungent as other onion varieties grown in that same soil.



Garden State on Your Plate is a series of four school-wide produce tasting in each of the Princeton elementary schools. The emphasis is on a New Jersey produce item, the different ways it can be prepared, and how the flavor can be altered by the chef and the students. Children learn about farming and cooking, and gain flavor power—the ability to personalize their item using salt and citrus. In support of the tastings, children will learn about each farm item through a variety of classroom- and garden-based lessons.



Founded in 2006, Princeton School Gardens Cooperative fosters garden- and food-based education in the classroom, cafeteria and community • PSGCOOP.ORG