

Chinese leeks or oriental garlic (English),
韭菜 (jiǔ cài, Mandarin),
हरा लहसुन (Hara lehsun, Hindi), વસણ ચવિસ
(Lasāṇa civsa, Gujarati), toon (Somali),
maroi nakuppi (Manipuri, India)



Garlic Chives

a taste of Europe on the Floridian table

Native to China, garlic chives are used in European and American cuisine as a substitute for garlic and onion. It is often referred to as ‘wild chives’ because the hardy plant has become naturalized throughout Europe and the Americas. The leaves are commonly found in European egg dishes such as quiche, and they are also kept in pots as an ornamental due to the showy white flowers. Garlic chives are common in Florida herb gardens because the leaves can be harvested year round.

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culinary history, visit
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Young person cutting chinese chives
in a kitchen



SHREDDED CARROTS WITH CHILES AND CHIVES

10
MINUTES
TOTAL

4
TOTAL
SERVINGS



INGREDIENTS

1 tablespoon peanut or vegetable oil
1 tablespoon dark sesame oil
1 pound carrots, shredded
Soy sauce

1 tablespoon minced fresh chile (like jalapeño or Thai), or hot red pepper flakes or cayenne
20 garlic chives, cut into 2-inch pieces

DIRECTIONS

1. Heat a large skillet over high heat for 3 or 4 minutes. Add the oils, wait a few seconds, then add the carrots.
2. stir continuously for one minute.
3. Stir in the chile and cook until the carrots are dry, hot, and beginning to brown, about 10 minutes.
4. Add the chives and a dash of soy sauce; stir quickly to mix and serve.

FACTS

Although native to China, Garlic Chives have become naturalized in mainland Europe. European and American cuisine most often uses garlic chives chopped as a fresh herb in egg recipes, fresh in salads and salad dressings, and as a fresh garnish on hot and cold dishes. Garlic chives are also grown in pots as an ornamental, and the bright showy white flowers are highlighted in Vincent Van Gogh's painting *Flower Pot with Garlic Chives* in 1887.

Garlic chives are rich in vitamins B1, B2, and C; carotene, calcium, and iron.

Recipe adapted from Bittman, Mark. 2008. *How to Cook Everything*. pg 188-189

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