

Garlic

HOW TO CHOOSE AND STORE

Your garlic should be firm and undamaged. Store unpeeled garlic in a cool, dry location with good air circulation (not the fridge). Do not store with other foods. Garlic will keep fresh for months if it is cured/dried, which almost all garlic being sold is. If your garlic starts to sprout, you can plant the individual cloves and eat the greens that start to grow, cutting them as needed.



HOW TO USE AND EAT

Garlic is a common ingredient in the preparation of many dishes, including soups, stews, meat, pasta dishes, potato dishes, curries, salads, and dressings. It is used for flavoring and works well alongside many other savory flavors. Garlic bread is of course very popular, but it also cannot be overstated how many dishes benefit from a clove or two of garlic somewhere in the cooking process. Many experienced cooks will crush garlic cloves with a flat side of a chef's knife to make them easier to peel before mincing. Recipes may also call for garlic to be crushed like this.

FERMENTED HONEY GARLIC

Fermented honey garlic is used to help boost the immune system. It is a great way to use any damaged bulbs that won't store well during the winter months. Take a wide mouth mason type jar and $\frac{3}{4}$ fill with peeled garlic cloves. Lightly bruise each clove with the side of a butcher knife to release some of the juices. Cover the garlic with RAW honey. Cover loosely with the lid and place on a plate in a dark cupboard. Tighten the lid every few days and turn the jars to make sure the garlic is well covered with honey. Return to the plate and loosen the lid. In time, the honey will start to bubble and get runnier (it may overflow the jar, hence the plate). Once the bubbling stops, the fermentation process is finished. You can eat the garlic and/or honey as it is or use it in any recipe that calls for garlic and honey. Once you start using the garlic, it is best to store it in the fridge.

GARLIC VINAIGRETTE DRESSING

- $\frac{1}{4}$ cup extra virgin olive oil
- 1 tablespoon white wine vinegar
- 1 garlic clove minced
- 1 teaspoon stone ground mustard (optional)
- salt and pepper to taste

Combine ingredients and whisk until emulsified. Great on salads, roasted vegetables, grilled fish, or as a chicken marinade. Will last in the fridge for about a week.

GARLIC BREAD

- $\frac{1}{2}$ cup/8 tablespoons unsalted butter (1 stick), melted
- 4 large garlic cloves, grated
- $\frac{1}{2}$ cup Parmesan, grated
- $\frac{1}{4}$ cup firmly packed chopped parsley
- Black pepper and $\frac{1}{4}$ teaspoon salt
- 1 baguette or rustic crusty loaf
- $\frac{1}{2}$ lb fresh mozzarella, thinly sliced (optional)

Heat oven to 400 F. In a bowl, stir together the butter, garlic, parmesan, and parsley. Add salt and a generous dose of pepper. Next, cut deep slits into the bread, 1-inch apart—don't cut all the way through the loaf—and place on a large piece of foil. Spread the seasoned butter generously inside each slit of the loaf. Make sure to reach the bottom. Wrap bread in the foil, place on a baking sheet and bake 15 mins. Remove from oven and unwrap the top (leave bread on the foil). If adding mozzarella, gently open each slit and tuck in a piece of mozzarella. Return bread to oven and bake until crisp and golden on top, another 5 minutes. Slice and serve at once.