
Garlic 101

Did you know you could FREEZE it?...





Fresh garlic has moist, white skins.

Cured versus Fresh Garlic

Garlic comes in several versions when you're part of a local farm. In June, you get the **garlic "scape"** of the plant with its tender, mild garlic flavor.

In early July, you get "**fresh**" **garlic** — the freshly-pulled bulb of the plant before it is dried for long-term storage. These are usually attached to the long green stem, and must be eaten within a week and stored in the fridge. They are moister than the cured variety and lack the papery outer skins.

And finally in August, after the fresh garlic is dried on well-vented racks in a shady place, you get "**cured**" **garlic**, which stores in a dark dry place for many months. This is the classic garlic taste we all grew up with.

How to store:

How to store your garlic depends on whether it's fresh or cured.

Fresh garlic comes attached to its long stem. The skin will be bright white and freshly moist — so you



must store it in the refrigerator crisper and use it within a week. (It will start to mold if you wait too long).

Cured garlic should not be stored in the refrigerator. Put it in a cool, dry, dark place — away from onions and potatoes. And store it whole, not in cloves for longer staying power. Discard when soft. Watch out for garlic that's starting to sprout a green shoot. You can still eat it, but you may want to freeze it at that point.

GARLIC

Amaryllidaceae

Nutritional Snapshot

- Highly nutritious, a single clove contains manganese, B6, vitamin C, selenium and fibre
- Most of garlic's health benefits are caused by sulfur compounds formed when a garlic clove is chopped, crushed, or chewed
- Other compounds that may play a role in garlic's health benefits include diallyl disulfide and s-allyl cysteine

Medicinal Uses

- Helps to protect against illnesses, including the common cold
- Active compounds can help reduce blood pressure and improve cholesterol levels lowering the risk of heart disease
- Contains antioxidants that may prevent Alzheimer's and dementia
- May detoxify heavy metals in the body due to sulfur compounds

How to Prep:

If you're roasting cured garlic, don't bother peeling, as it will slip right off after roasting. If

you need the peels off, smash the clove with the side of a chef's knife, and that loosens the skin. For large quantities, drop them into boiling water for a few seconds OR toast them in a dry pan over medium heat, shaking the pan frequently for 5 minutes.

Best Uses:

Salad dressing Pesto or Aioli

Grilled

Confit

Compound butter Roasted

Hummus

Stir fry

Pickled or Vinegars Bread

Soups

Pizza topping

Pasta salad

Italian dishes

Veggie stock (use the skins)

Creamy dip or dipping oil

Meat marinade

Sauce

Fish

With tomatoes in salad

How to Roast Garlic



Remove the papery skins. You can roast multiple heads at once.



Cut off the top 1/4" off the garlic bulb.



Drizzle a teaspoon of olive oil all over the exposed cloves.



Wrap in foil and bake for 40-60 minutes at 450 F in the middle rack of the oven.



Unwrap the foil. Let cool.



Scoop the filling out.



6 Ways to Use Roasted Garlic

1. Spread it on bread and eat!
2. Add to a vinaigrette, pesto, gravy or other sauce.

3. Stir into any cooked sauce or soup where you use garlic.
4. Spread on pizza before adding other toppings.
5. Add to mashed potatoes or toss with any cooked vegetables.
6. Make compound butter — spread on cooked meat, fish, or chicken.

Garlic Substitutes:

Shallots, onions, garlic scapes, scallion tops

Preserving Garlic in Oil (Garlic Confit)

1. Peel the cloves from 2 heads (or more) of garlic. Place the cloves in a small saucepan and pour in enough olive oil to cover them.
2. Bring the oil to just a simmer over medium heat. Then reduce the heat to low. Cook for about 45 minutes, until the garlic is soft and tender.
3. Transfer the garlic with a slotted spoon to a clean Mason jar and pour the oil in to cover the cloves. It is very important to cover the cloves completely with oil and refrigerate them. This prevents the toxins that form botulism, which is a life threatening illness.
4. Cool the mixture to room



8 Ways to Use Garlic Confit



1. Mix a few cloves and some of the infused oil with vinegar to make a vinaigrette. Toss it with delicate greens.
2. Smash some of the cloves and whisk them with some of the infused oil. Toss the thick garlicky oil with steamed vegetables.
3. Toss roasted or grilled vegetables with a spoonful of the tender garlic.
4. Spread the tender cloves over toasted bread.
5. Toss garlic confit into a vegetable pasta. (Try fresh tomatoes and basil.)
6. Whip the tender cloves into any vegetable puree for sweet garlic flavor.
7. Layer garlic confit into a sandwich or pizza.
8. Use the back of a fork to smash cloves into a paste. Stir the garlic paste into Greek yogurt or ricotta to make a creamy garlic dip or condiment.

temperature. Cover the jar tightly and keep refrigerated for several weeks, or freeze for several months.



Garlic growing in the field in May.

How to Freeze Garlic:

1. Separate into cloves. Peel garlic. (Peeling is optional if you're freezing them whole.)
2. Chop garlic into 1/8- to 1/4-inch sections. Or just leave them whole for freezing. Pop them whole into a Mason Jar or Ziplock freezer bag and freeze. Use within 4 months.
3. **Optional:** You can also squeeze garlic through a garlic press. Then mix with coconut oil. Use roughly a tablespoon of oil for every 2 tablespoons of garlic. Scoop the garlic/oil mixture into balls and freeze on parchment paper-lined cookie sheet. Pop into a Ziplock when frozen. When you need it, you've got a ready-made oil/garlic mixture for cooking!

Suggested Recipes:

Sticky Garlic Chicken Bites

Adapted from www.DamnDelicious.com

Ingredients:

1 lb boneless, skinless chicken breasts, cut into 1-inch chunks

Kosher salt and freshly ground black pepper, to taste

2 large eggs, beaten

1 cup Panko

For the Sauce:

1/4 cup reduced sodium soy sauce

1/4 cup honey

4 cloves garlic, minced

2 tablespoons hoisin sauce

1 tablespoon freshly grated ginger

1 tablespoon Sriracha

2 green onions, thinly sliced

2 teaspoons sesame seeds

Directions:

Preheat oven to 400 degrees F. Lightly oil a 9×13 baking dish or coat with nonstick spray.

Season chicken with salt and pepper, to taste. Working in batches, dip chicken into eggs, then dredge in Panko, pressing to coat. Add chicken to prepared baking dish. Place into oven and bake until golden brown and crisp, about 15-20 minutes.

In a medium saucepan over medium high heat, combine soy sauce, honey, garlic, hoisin sauce, ginger and Sriracha until slightly thickened, about 1-2 minutes. Stir in chicken and gently toss to combine. Serve immediately, garnished with green onions and sesame seeds, if

desired.

Roasted Garlic Potato Soup

Adapted from www.LittleSpiceJar.com

Ingredients:

1 head of garlic

1 3/4 pounds (about 3-4 medium potatoes), peeled + boiled

1/4 cup salted butter

1/4 cup flour

1 cup onions, chopped

4 cups low sodium vegetable broth

1 cup milk

1/4 cup heavy cream

1/4 teaspoon thyme

1/2 cup freshly grated parmesan cheese

salt + pepper to taste

Directions:

Preheat the oven to 375°F. Peel off the garlic skin as much as possible. Slice off the top of the head of garlic to expose the cloves. Drizzle with 2 tsp. olive oil and salt and pepper. Wrap the garlic in a piece of aluminum foil, place the foil on a baking sheet and roast in the oven for 40-45 minutes until the garlic is tender. Let cool before removing cloves from paper.

Melt the butter in a large Dutch oven over medium heat. Add the onions and allow to cook for 3-4 minutes until translucent. Add the flour and let cook for 1 additional minute. Add the vegetable broth, milk, cream, thyme, salt and pepper. Let the soup come to a boil, then allow to simmer for 2-3 minutes, whisking a few times in between.

Add the potatoes, 8-9 roasted garlic cloves, and parmesan cheese. Using an immersion blender, blend until smooth. Serve warm topped with additional parmesan cheese, crackers, and sliced scallions.

Pickled Garlic

Adapted from www.TheYummyLife.com

Servings: 4 half-pint jars

Ingredients:

4 cups (approx. 1 lb.) peeled garlic cloves

1-1/4 cup white wine vinegar (or regular white vinegar)

1 cup water

1 tablespoon pickling salt (or kosher salt)

ADD TO EACH HALF-PINT JAR:

1/4 teaspoon black peppercorns

1/8 teaspoon whole cumin seeds

1/8 teaspoon whole coriander seeds

1/8 teaspoon whole mustard seeds

1/8 to 1/4 teaspoon red pepper flakes (depending on how much heat is desired)

1/2 bay leaf (use kitchen shears to cut bay leaves in half)

Directions:

Wash jars, lids, and rings in hot soapy water.

In saucepan, combine vinegar, water, and salt; bring to a boil, reduce heat to low, and cover until ready to fill jars.

To bottom of each jar, add peppercorns, cumin seeds, coriander seeds, mustard seeds, red pepper flakes, and bay leaf.

Fill each jar with garlic cloves, packing them in to fill spaces as much as possible. Fill jars to approx. 1/2" from top. Add hot vinegar mixture to each jar, leaving 1/4" head space. Insert bubble remover down sides of jar in 2 to 3 places to remove trapped bubbles. Tap jars gently on counter to further release bubbles. Top off jars, if necessary, to restore 1/4" head space.

Clean jar rims with wet paper towel. Add lid to each jar. Screw on rings just until finger tight. **FOR REFRIGERATOR PICKLED GARLIC:** Allow jars to cool to room temperature and then store in fridge. Allow to marinate at least 3 days before eating. Good for several months.

FOR CANNED PICKLED GARLIC: Process using standard USDA water process canning procedures.

Fill canner or larger stockpot (with canning rack or basket) with hot water and bring to a boil. There should be enough water to cover the filled jars by at least 1 each.

Use jar lifter to insert each hot, filled jar vertically down into the hot canning water. Bring the water to a full boil and continue processing the jars in boiling water for 10 minutes.

Turn off heat, remove lid, and let jars rest in hot water for 5 minutes.

Use jar lifter to remove jars vertically and rest on towel on counter; leave undisturbed for 12 hours.

Store in cool, dark place. May be eaten within a few days, but best if allowed to cure for 2-3 weeks. Shelf stable for at least 1 year. If any jars don't seal, cool and move to refrigerator where they will be good for several months.

Garlic Herb Butter

Ingredients:

2 sticks unsalted butter, room temperature

4 cloves garlic, minced

1 T. chopped parsley leaves

1/2 t. salt

Directions:

Using a hand mixer or stand mixer, beat the butter and salt and beat for a couple of minutes, or until fluffy. Add the garlic and parsley, stir to combine well. Transfer the the garlic herb butter onto a sheet of plastic wrap, roll up to form a cylinder shape. Twist both ends tight and keep it in the refrigerator. They are ready to use when the butter becomes cold and solid.

Roasted Garlic Vinaigrette

Adapted from NYTimes Cooking

Ingredients:

1/2 cup extra virgin olive oil

3 tablespoons or more good vinegar -- wine, sherry, rice, balsamic, etc.

Salt and freshly ground black pepper to taste

1 heaping teaspoon Dijon mustard

1 clove garlic, minced (or use 5 cloves of roasted garlic, which will have a milder taste so you can use more)

1 T. honey

1 large shallot (about 1 ounce), peeled and cut into chunks

Directions:

Combine all ingredients but the shallot in a blender and turn the machine on; a creamy emulsion will form within 30 seconds. Taste and add more vinegar a teaspoon or two at a time, until the balance tastes right.

Add the shallot, and turn the machine on and off a few times until the shallot is minced within the dressing. Taste, adjust seasoning and serve. This is best made fresh but will keep a few days refrigerated; bring back to room temperature and whisk briefly before using.

Herb and Garlic Meatloaf with Garlic Butter

Sauce *Adapted from www.LetsDishRecipes.com*

Ingredients:

1 pound ground beef

1 pound ground pork

2 tablespoons canola oil

2 stalks celery, diced

1 clove garlic, minced

1 cup diced onion

4 slices bread

1 tablespoon chopped fresh parsley

1 tablespoon chopped fresh chives

1 tablespoon chopped fresh sage

1 tablespoon chopped fresh thyme

2 eggs

1 teaspoon salt

1/2 teaspoon pepper

1/4-1/3 cup milk

For the garlic butter sauce

3/4 cup olive oil

8-10 garlic cloves

2 cups low sodium chicken stock

1/2 cup water

3 tablespoons unsalted butter

1 teaspoon chopped fresh parsley

Salt and pepper, to taste

Directions:

Preheat oven to 375 degrees. Line a sheet pan with parchment paper.

Place the beef and pork in a large bowl.

Heat the oil in a medium saute pan over medium heat. Add the celery, garlic and onion and cook until vegetables are soft, 5-7 minutes. Cool slightly, then add to the meat in the bowl.

Add the parsley, chives, sage and thyme.

Tear the bread into large chunks and place in the bowl of a food processor. Pulse a few times to form coarse crumbs. Add the bread crumbs to the meat mixture, along with the fresh herbs, eggs, salt and pepper, and 1/4 cup of milk.

Mix until well combined. Let stand for 5-10 minutes. If mixture doesn't hold together well after 10 minutes, add additional milk, as needed, to reach desired consistency.

Place the meat mixture onto the parchment lined baking sheet and pat it into a rectangle. Then press in the sides of the meatloaf to form a cylinder down the middle of the pan.

Bake for about 40 minutes, or until meatloaf is browned and internal temperature reaches 160 degrees. Remove from oven and allow to rest for 10 minutes.

While meatloaf cooks, make the garlic butter sauce. In a small sauce pan, combine the oil and garlic and bring to a boil.

Lower the heat and simmer for about 10 minutes, until garlic is lightly browned. Do not let the garlic burn. Remove the garlic from the oil and set aside.

In a medium saucepan, combine the chicken stock, water, butter and cooked garlic and bring to a boil. Lower the heat and simmer for about 30 minutes, until slightly thickened.

Mash the garlic with a fork. Just before serving, stir in the parsley, then season with salt and pepper.

Spoon the warm sauce over the meatloaf to serve.

Garlic Cauliflower Rice

Adapted from www.kirbi cravings.com

Ingredients:

5 cups of raw cauliflower "rice" (about 1 medium head of cauliflower; I cut mine into florets and then briefly pulsed in the food processor until they are the size of grains of rice, but you can also use frozen cauliflower rice)

3 tbsp salted butter

3 garlic cloves, minced

6 tbsp shredded parmesan cheese

salt and pepper, to taste

Directions:

In a small saucepan over a stove top, add butter and minced garlic. Bring to a simmer and cook for 2-3 minutes, stirring often, until garlic flavors are infused into the oil (melted butter). Careful to not let the garlic burn.

In a large skillet, wok or frying pan, add cauliflower rice and bring to medium-high heat over stove top. Pour in butter mixture. Sprinkle cheese on top. Stir to mix and cook until cauliflower is tender. Add salt and pepper to taste and stir a few more times until everything is thoroughly mixed. Serve while warm. Garnish with fresh chopped parsley if desired.

Garlic Pesto

Ingredients:

3 cups fresh basil leaves, slightly packed

1/3 cup grated parmesan cheese (freshly grated is best)

2 teaspoons (2 cloves) minced garlic

1/4 cup toasted pine nuts (or walnuts)

2 teaspoons lemon juice

1/2 cup olive oil

salt to taste

Directions:

Add the basil leaves, parmesan cheese, minced garlic, nuts, lemon juice and, if using to a blender or food processor. Blend continuously until the ingredients start to breakdown. If you prefer a more coarse pesto, use the pulse setting. Stream in the olive oil and allow the ingredients to emulsify with the oil. You want to continue processing until the oil is combined with the basil and your other ingredients. Taste the pesto, add additional garlic or parmesan to preference.

STORING: Store the pesto in a small container (where the pesto fits all the way to the top and press to reduce air pockets. Homemade pesto can be stored in the refrigerator for up to 1 week. You can also pour the pesto into ice cube trays or a Ziplock bag and freeze flat.