

Confit of Garlic

Swick

Serves 1 | Active Time: 10 minutes | Total Time: 30 minutes

Chef's Notes

The type of garlic to use is the young bulbs that have not yet formed segments. I use so called "Russian" garlic but you can use whatever type you can get.

You CAN use the cloves of fully mature garlic but it takes more time to prepare each individual clove for the confiting process.

Use the remaining oil, if any, to make fantastic salad dressings and, for garlic prawns, you will never find a better marinade.

You can add some peppercorns and perhaps a Bay leaf to the bottle if you are going to store it for more than a couple of months. This will add yet another flavour dimension to the garlic.

Like all of my recipes this is GLUTEN FREE.

Step 1: Prepare the Garlic.

- 14 x bulbs of single bulb garlic. (see Clean the paper husks off the garlic bulbs. notes)

- Extra light Olive Oil

Wash the bulbs thoroughly to remove any dirt transferred during the shelling process.

Dry the garlic with paper towelling.

Step 2: Finishing the Confit.

- Prepared garlic from above step
- Extra light Olive Oil

Place garlic bulbs into a suitably sized saucepan and add enough oil to just cover them.

Place the saucepan onto LOW heat. You don't want to fry the bulbs but cook them very slowly.

Cook the garlic bulbs until they are just tender. You can test this by pushing a skewer into the bulb. When it passes through with little or no resistance the garlic is ready.

Once cooked, carefully pack the garlic into hot sterilised bottles and add the remaining oil to fill to the top.

Cap the bottle and leave for at least a week to mature.