



GARLIC CONFIT

Garlic confit is something we always have around the kitchen – think of it as your best magic trick to add incredible flavor to just about anything, from steaks and butter to cheese and vegetables! It’s a play on the old technique of preserving meat in its own fat – most everyone has heard of duck confit... same thing, but the fat of choice here is olive oil. The end result is a tender sweet garlic flavor – scrumptious! Garlic Confit will last several months sealed in the refrigerator. Make a big batch and have some fun adding it to different dishes!

INGREDIENTS

6 heads of garlic, cloves peeled

6 thyme sprigs

4 bay leaves

Approximately 2 cups of good quality olive oil (enough to cover the garlic in the saucepan)

Optional: Red Chilies (add from 2-5, depending on how much spice you like)

PREPARATION

- Combine all of the ingredients in a small saucepan (make sure you have enough olive oil to cover the garlic cloves) and slowly simmer over low heat for about 30 min, or until the garlic is tender. Do not let the garlic brown.
- Using a slotted spoon, divide the garlic cloves and herbs (chilies if you chose to include) among canning jars (recommend 3-0.5 pint jars, but anything with a good seal will work) and top with the olive oil. Seal and refrigerate.
- The garlic confit will last for several months sealed in the refrigerator.