



Garlic

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| Store | <ul style="list-style-type: none">• In cool, dark, dry place. Remove from plastic bags. |
| Prepare | <ul style="list-style-type: none">• To peel garlic place a single clove on a chopping board and press down on it with the flat side of a large knife• The skin will come away easily• Sprinkle the garlic with a little salt and then chop into small pieces or crush with a fork |
| Cook | <ul style="list-style-type: none">• Roast whole bulbs of garlic with your meat – takes about 1 hour. To eat, squeeze the garlic cloves out of their skins – they are soft and mild flavoured.• Stir fry minced garlic with onions and any herbs or spices as the base of a stir fry meal. Stir it constantly to prevent burning.• Saute and pan-fry garlic to add flavour to anything you cook – casseroles, stews, vegetable dishes – take care never to fry garlic until black as this gives it a bitter flavour. |
| Add Flavour | <ul style="list-style-type: none">• Raw garlic can be tossed through pasta before serving – this gives a strong garlic flavour• Cut a clove of garlic in half and place in your bottle of oil – this flavours your oil• Bring cold water with the unpeeled garlic to a simmer, drain off the hot water and repeat. The garlic will peel easily and can then be pureed. Mix with margarine to make garlic bread or mix through pasta or vegetables or rub over chicken or meat. |