



GARLIC CONFIT

- 6 heads garlic
- 6 sprigs fresh thyme
- Vegetable oil

Cut a third off the garlic heads, from the sprouting end and discard. Pack the garlic into a saucepan, root down, along with the sprigs of thyme and cover with the oil.

Cook over very low heat on the stove top for 1 hour. (The slower the cooking, the more flavor is released.) The garlic will brown slightly.

Remove from the heat, cool and then pack the garlic into a suitable storage container with the oil. The garlic is great crushed and on heated ciabatta, or in mayonnaise. The oil is sensational for salad dressings and cooking.

Recipe courtesy of Peter Howard