

GARLIC CONFIT

YIELD: 4 cups garlic & 4 cups garlic oil

Chef Sam Icklan

Garlic confit relies on a French technique that slowly poaches garlic in oil. The result is a delicate, tender almost sweet flavor. It's simple to prepare and completely delicious!

INGREDIENTS

- 4 cups fresh peeled garlic
- 1 quart vegetable oil

DIRECTIONS

1. In a medium heavy-bottomed saucepan, add garlic and 1 quart vegetable oil. Cook over medium heat until oil comes to a low boil. Reduce heat immediately to a simmer.

2. Cook over low heat for up to an hour. Stir occasionally. Garlic will begin to turn brown and soft but should never become blackened. Keep the oil at a very low simmer; monitor cooking to ensure that it doesn't boil.

3. The oil is ready when the garlic is a light brown color and very soft. Remove from heat, strain garlic (called "garlic confit") from oil and reserve for another use.

* The same effect can also be accomplished in an oven. Simply add garlic and oil to a small hotel pan, ensuring the garlic is fully covered by the oil. Place in a 350°F oven until garlic is light brown and very soft, approximately 1 hour. Monitor garlic throughout the cooking process to ensure it doesn't burn, cover with foil if necessary.

VARIATIONS

Add fresh, hearty herbs to the oil for the last 5 minutes of cooking. Try oregano, rosemary, thyme or bay leaves to create a flavorful oil. Use as a base for sauces, salad dressings, pizzas and flatbreads, or to add depth to sauteed or roasted vegetables, or blend into mashed potatoes. Mix with mayonnaise to create a topping for sandwiches or burgers, or just spread it on Italian bread to make garlic bread.