

SlowCooked Garlic Confit

Savannah · 29/09/2024

**Prep Time**

1 hr 50 mins

Difficult

Medium

Servings

16

Description

Confit is food that has been preserved in fat and when this method is applied to garlic cloves the flavor becomes concentrated it brings out the natural sweetness and tames the strong bite Add to soups stews vinaigrette mashed potatoes spread on crostini or eat on its own

Ingredients

— - 2 heads garlic - ½ teaspoon salt - ? teaspoon red pepper flakes (Optional) - ? cup olive oil

Instructions

1. Preheat the oven to 250 degrees F (120 degrees C). Peel garlic cloves and place into a small 2-cup baking dish or large ramekin. Sprinkle with salt and red pepper flakes. Drizzle with oil
2. ensuring all cloves are covered. Cover dish with foil. Bake in the oven until garlic cloves are soft and just starting to brown around the edges
3. 1 1/2 to 2 hours. Do not overcook
4. as garlic will become bitter. Transfer garlic cloves to a clean jar. Cover lightly with oil. Seal lid and refrigerate; use within 3 to 5 days. Recipe Tips To change up the flavor
5. add a sprig of rosemary or thyme
6. or a bay leaf before baking. You can use any of the extra infused oil in other recipes. You can also store garlic confit by freezing garlic cloves and oil in an ice cube tray. Once frozen
7. remove cubes from the tray and store them in a freezer bag. Bring to room temperature just before using.