



Garlic

How to Prepare

To many, garlic is an indispensable ingredient. While garlic is seldom the focus of a dish, it is in countless recipes. It is an integral part of the traditional food of so many cultures, which gives it a diverse and interesting range of applications. In addition to the cloves, many people also eat the scapes (flower stalks) or harvest garlic early as “green garlic” and use it like green onions or chives.

Along with a rich culinary history, garlic also has a rich cultivation history. There are hundreds of varieties each with some slight difference. Some types have red, purple or pink colouration, some are oily and intense, and some are mild. They can also differ in clove size, and number of cloves.

At home, garlic is easy to store. Keep garlic in a location with good air circulation. Garlic bulbs can be kept in a mesh or wire basket, a small bowl with ventilation holes or even a paper bag. Do not store fresh garlic bulbs in plastic bags or sealed containers. This can cause mold and sprouting. For more information see: [wikihow.com/Store-Fresh-Garlic](http://www.wikihow.com/Store-Fresh-Garlic)

Try Using Garlic:

- In hummus or baba ganoush;
- To make Lebanese garlic sauce;
- Infused in olive oil or vinegar;
- In soups, stews, or jambalaya;
- In sauces and marinades;
- Pickled, or to flavour brines;
- In mashed or scalloped potatoes;
- In roasts, casseroles, and bakes;
- In fish or shellfish dishes;
- In stir fries and noodle bowls;
- In eggs, omelets or frittatas;
- Baked into bread; and
- In thousands of other recipes.

Nutrition Highlights

- Very high in Vitamin B6 & C;
- A good source of manganese;
- A good source of calcium;
- A good source of phosphorus;
- A good source of selenium.

Nutrition Facts	
Serving Size 100 grams (100 grams)	
Amount Per Serving	
Calories 149	Calories from Fat 4
% Daily Value*	
Total Fat 0g	1%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 17mg	1%
Total Carbohydrate 33g	11%
Dietary Fiber 2g	8%
Sugars 1g	
Protein 6g	
Vitamin A 0%	Vitamin C 52%
Calcium 18%	Iron 9%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
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Recipe: Roasted Garlic & Roasted Garlic Olive Oil

Ingredients

Garlic, about 1lb of cloves, peeled
Olive Oil, about 500ml

Instructions

1. Preheat the oven to 375F.
2. Put the garlic cloves in an oven-safe container, and then cover with olive oil. Be sure the garlic is completely submerged in olive oil.
3. Roast the garlic in the oven until the garlic softens, and just begins to change colour, about 35 minutes.
4. Remove from the oven and let cool. Remove the garlic from the oil using a slotted spoon, and store it in an airtight container in the fridge. Store the roasted garlic olive oil just as you do olive oil.

Why should you roast your garlic? The roasting process takes away the sharp, pungent flavour of the garlic, without damaging the other flavours. Roasted garlic is convenient to use, and you can use the garlic olive oil as a replacement for regular olive oil anytime you want to easily add that beautiful garlic flavour to your food.

When using the roasted garlic olive oil, remember that oils can burn at high temperature. This is especially true for garlic olive oil, so consider other oil options if you're cooking at high temperature.

You can use your roasted garlic for all sorts of things. Combine it into mashed potatoes, spread it on toast, use it in hummus, add it to pasta or potato salad.

More Amazing Ways to Use Garlic

- Pierce slivers of garlic into roasts or poultry to inject extra flavour;
- Boil peeled garlic in with your potatoes for a mellow flavour in mashed potatoes;
- Make a garlic compound butter by mixing minced garlic into softened butter;
- Add whole garlic cloves while roasting veggies like carrots, beets, or turnips;
- Add garlic to your ground meat when making homemade burgers or sausages;
- Make amazing hot sauce with equal parts garlic, lemon juice, olive oil and chilies.
- Make your own sauces – honey garlic, BBQ/wing sauce, chimichurri, etc.;
- Make your own curry paste with garlic, chilies, coriander, cumin and more;
- Make your own pasta sauces or just use garlic, olive oil, and parmesan;
- Try making dumplings, pierogies, wontons or eggrolls. Most use garlic.