**Otago Farmers Market**

**Every Saturday morning at the Dunedin Railway Station**

*www.otagofarmersmarket.org.nz*

**PICKLED GARLIC**

6 bulbs garlic

4 cups white wine vinegar

1/4 cup white sugar

1 teaspoon whole black peppercorns

4 whole cloves

1 bay leaf

2 dried red chili peppers

1 1/2 tablespoons lemon zest

**Method**

Trim the tops from the heads of garlic. Peel off all but one layer of the outer skin. Set aside.In a saucepan, combine the vinegar, sugar, peppercorns, cloves, bay leaf, chile peppers and lemon zest. Bring to a boil and cook for 2 minutes. Add the garlic, and continue to boil for another 4 minutes. Remove from the heat and let stand overnight at room temperature. Transfer to a clean jar. Strain the brine into the jar with the garlic so that the heads are completely covered. Discard the solids. Cover and store in the refrigerator until using. It will keep for 6 to 8 weeks. To keep longer, store in sterile jars and process in a hot water bath for at least 10 minutes to seal the jars.

**GARLIC MARINADE Makes 2 cups**

2/3 cup vegetable oil

1/3 cup Worcestershire sauce

1/4 cup soy sauce

1/4 cup steak sauce

1/4 cup water

1 teaspoon salt

1/2 teaspoon pepper

1/2 yellow onion, minced

10 cloves garlic, peeled and minced

**Method**

In a bowl, whisk together vegetable oil, Worcestershire sauce, soy sauce, steak sauce, water, salt, pepper, onion, and garlic until thoroughly mixed.

Pierce several holes into meat with a sharp knife, and place in a shallow dish. Stir marinade once more and slowly pour over meat, smothering the top with the garlic and onions.

Cover and refrigerate overnight, or up to 36 hours. Cook as desired.

Use on any roast meat – particularly good with beef.

**ROASTED GARLIC SOUP WITH PARMESAN**

26 garlic cloves (unpeeled)

2 tablespoons olive oil

2 tablespoons (1/4 stick) butter

2 1/4 cups sliced onions

1 1/2 teaspoons chopped fresh thyme

18 garlic cloves, peeled

3 1/2 cups chicken stock or canned low-salt chicken broth

1/2 cup whipping cream

1/2 cup finely grated Parmesan cheese (about 2 ounces)

4 lemon wedges

**Method**

Preheat oven to 200C. Place 26 garlic cloves in small glass baking dish. Add 2 tablespoons olive oil and sprinkle with salt and pepper; toss to coat. Cover baking dish tightly with foil and bake until garlic is golden brown and tender, about 45 minutes. Cool. Squeeze garlic between fingertips to release cloves. Transfer cloves to small bowl.

Melt butter in heavy large saucepan over medium-high heat. Add onions and thyme and cook until onions are translucent, about 6 minutes. Add roasted garlic and 18 raw garlic cloves and cook 3 minutes. Add chicken stock; cover and simmer until garlic is very tender, about 20 minutes. Working in batches, purée soup in blender until smooth. Return soup to saucepan; add cream and bring to simmer. Season with salt and pepper. (Can be prepared 1 day ahead. Cover and refrigerate. Rewarm over medium heat, stirring occasionally.)

Divide grated cheese among 4 bowls and ladle soup over. Squeeze juice of 1 lemon wedge into each bowl and serve.

**GARLIC, ROSEMARY AND CHILLI ALMONDS**

10 g butter  
200 g almonds  
2 big cloves of garlic (crushed)  
1 handful of rosemary leaves  
1 tsp coarse sea salt  
chilli to taste

Melt the butter in a cast-iron or stainless steel skillet, add the almonds and stir until they're heated through and starting to brown. Take off the heat and add the condiments, stirring through. The residual heat of the pan should cook the garlic just enough to take off the edge without burning it (which results in a bitter taste).

Best eaten warm straight out of the pan, but they do keep well in an airtight jar

***Choosing the garlic clove***  
When you buy garlic you will notice it is sold in bulb form. Each bulb will contain around 10-15 cloves of garlic depending on size. The garlic bulb should be big and plump and the skin should be tight and paper like, with a very silky texture. Do not buy garlic if the covering is soft, spongy and not intact. Small ones are good since they are very much tender and though they are harder to extract, for culinary purposes, they give off better results.

***What is a clove of garlic equivalent to?***

Depending on size, it can be equivalent to 1 teaspoon of finely chopped garlic. If the recipe requires such, then do as instructed. It will make you more of a pro if you know how to associate size with measurements. With cooking, garlic can have a different effect based on the method of cooking. Cooked garlic compared to a raw one, is a lot mellower in flavour and aroma. This is because when you crush the garlic, the juices that cause the pungent smell is destroyed by heat, leaving only a nice smooth flavour that can be infused in oils to enhance dishes. A salad with raw garlic might require more parsley to neutralize the flavour.

***Peeling a garlic clove***

A clove of garlic has a distinct flat area where the root was initially connected. In peeling your garlic clove, remove that flat surface of the garlic using a knife and you will see the meaty area of the garlic. At this point, it is still a bit hard to remove the skin. If you need the garlic whole and you just have to remove the skin, gently take the skins off from the exposed area. You might also want to cut the other end of the garlic to make the peeling process faster.

***Crushing garlic***

There are 2 ways to crush the garlic clove. First, take a piece and place it on a flat surface. Using your knife, place it flat over the garlic, covering the entire clove. Add pressure to the knife or hit it with a swift pound. The garlic will be broken with its juices oozing and you can easily remove the skin. Now, you can simply use this or you might also want to chop it further to add to any recipe. You can also use a [garlic-crushing device](http://www.wikihow.com/Peel-a-Garlic-Clove%20). It has small holes on the bottom area. The garlic clove is placed on the compartment and just like a can opener or a scissor; the crushing action pushes the garlic to small pieces. In some cases, the skin does not need to be removed.

***Foods to help avoid Garlic Breath***

**Apples, spinach, basil, parsley:** Studies show these and other phenolic-rich foods help kick garlic breath. The polyphenols (compounds that act like antioxidants) break down the smelly sulphur compounds in garlic - but only when they’re mixed with garlic. For the biggest benefit, combine garlic and one of these foods in the same dish; eating them in different dishes at the same meal might help too.

**Milk:** A new study suggests that milk is perhaps even more effective at banishing garlic breath—particularly if you drink it before or during a garlicky meal. The water [in milk] rinses the mouth, but it’s not just the water; it’s the fat. That’s why whole milk is more effective than skim.

**Green tea:**Can’t stomach the idea of milk with your Asian stir-fry? Drinking green tea before or during a meal may also mitigate garlic breath, as the polyphenols reduce volatile sulphur compounds.