

## Garlic, *Allium sativum*

### Tips for Using Garlic:

- A head of garlic refers to the whole garlic bulb. The segments are referred to as garlic cloves.
- Be careful not to overcook garlic because it will become extremely bitter.
- To peel garlic that will be chopped, place the flat part of a chef's knife over the clove and while holding the knife handle, hit the knife hard with your fist to easily release the skin. Do this with gentle pressure to keep the clove intact.
- Add peeled and smashed garlic cloves from 1 head to the water while boiling potatoes. Remove before mashing for mashed potatoes with a garlic flavor.
- Pressed and grated garlic has a stronger flavor than chopped garlic.
- Roasted garlic has a sweet caramel flavor.
- Use the 10-minute rule, letting crushed or cut cloves sit for 10 minutes before cooking so that the allicin levels reach their maximum, giving the ultimate health benefits.
- Garlic can be eaten fresh from the garden. But the heads need to cure for optimal storage.

### Garlic Confit

*Garlic confit utilizes a French method of slowly cooking foods in fat until they are tender. The cloves are simmered at a low heat in oil, so that their flavor mellows and becomes decadently rich. Yield: 2 cups*

10 medium-sized garlic bulbs (about 2 cups cloves)  
2 bay leaves  
2 fresh rosemary sprigs  
¼ teaspoon red pepper flakes  
1 cup olive oil

Preheat the oven to 300°F (150°C).

Crack the garlic bulbs apart and peel the individual cloves.

Place the cloves in a small ovenproof baking dish. Add the bay leaves, rosemary, and pepper flakes. Cover with the oil.

Bake for 90 minutes. Store the cloves and oil, covered, in the refrigerator for up to 1 week.

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## Black Garlic–Chocolate Chip Cookies

*Chocolate and black garlic might be thought of as an unlikely pair. But when put together, the black garlic draws out the richness of the chocolate. These are not your usual chocolate chip cookies, but they are incredibly decadent and very tasty. Yield: 24 cookies*

|                                  |  |
|----------------------------------|--|
| 1 cup all-purpose flour          | ¼ cup packed brown sugar                               |
| ½ teaspoon salt                  | 1 egg  |
| ½ teaspoon baking soda           | 1 (6-ounce) package semisweet chocolate chips          |
| ½ cup (1 stick) butter, softened | 2 black garlic bulbs, peeled and cut into small pieces |
| ½ cup granulated sugar           |  |

Preheat the oven to 375°F (190°C).

Sift together the flour, salt, and baking soda into a small bowl.

Cream together the butter, sugars, and egg in a large mixing bowl, using a stand mixer. Stir in the chocolate chips and garlic. Add the flour mixture and mix until combined.

Drop the batter by teaspoonfuls, about 1 inch apart, on ungreased baking sheets.

Bake for 8 to 10 minutes, until edges are browned. Let stand for 30 seconds before transferring the cookies to wire racks.

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## Easy Garlic Butter

*Garlic butter is nice to have on hand to slather on bread, melt on steak or use in a shrimp sauté. We jazz this one up with Italian seasoning, Parmesan cheese and paprika, but virtually any spice combination will work well.*

|  |                          |
|--|--------------------------|
| ¾ cup salted butter (1 ½ sticks), softened | 1 teaspoon garlic salt   |
| ¼ cup grated cheese                        | 1 teaspoon ground pepper |
| 3 tablespoons minced garlic                | ½ teaspoon paprika       |
| 2 tablespoons dried Italian seasoning      |                          |

Stir butter, Parmesan, garlic, Italian seasoning, salt, pepper and paprika together in a medium bowl until well combined.

### **To make ahead:**

Refrigerate in an airtight container for up to 3 weeks or freeze for up to 3 months.

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## Easy, Creamy Lemon Garlic Skillet Chicken

|  |   |
|--|---|
| 4 boneless, skinless chicken breasts (about 2 pounds total), pounded to ½ - inch thickness | 4 cloves garlic, minced                       |
| ½ teaspoon kosher salt, plus more for seasoning  | 2 tablespoons all-purpose flour               |
| ¼ teaspoon freshly ground black pepper, plus more for seasoning                            | 1 cup half and half or whole milk             |
| 1 tablespoon olive oil   | ½ cup low-sodium chicken broth                |
| 3 tablespoons unsalted butter  | Juice of 1 medium lemon (about 3 tablespoons) |
| 1 small shallot, finely chopped  | 2 tablespoons chopped fresh parsley leaves    |
|  | 1 small lemon, thinly sliced                  |

Thoroughly dry the chicken with paper towels. Generously season all over with salt and pepper. Heat the oil in a 10-inch or larger skillet over medium-high heat until shimmering. Working in batches if needed, add the chicken and sear until deeply browned on the bottom, 6 to 7 minutes. Transfer the chicken to a plate; set aside.

Reduce the heat to medium and add the butter. When melted, add the shallot, garlic,  $\frac{1}{2}$  teaspoon salt, and  $\frac{1}{4}$  teaspoon pepper and cook stirring occasionally, until just starting to soften, about 1 minute. Add the flour, stir to evenly coat the shallots and garlic, and cook for 1 minute more.

Stir in the half-and-half or milk and broth until no lumps from the flour remain, making sure to scrape up any browned bits from the bottom of the pan. Bring to a boil. Reduce the heat to a simmer. Return the chicken to the pan and simmer until the sauce is thickened enough that it coats the back of a spoon and the chicken is cooked through, 3 to 4 minutes. Stir the lemon juice into the sauce. Garnish with the parsley and lemon slices and serve immediately.

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**Do you have a recipe using garlic to share?  
Please send it to [educator@herbsociety.org](mailto:educator@herbsociety.org)**