

# Practical Produce: Garlic

## Health Benefits:

Garlic (*Allium sativum*) The “Wonder Drug” of vegetables has earned the name “stinking rose,” and it is the compounds responsible for garlic's odor, which has is the source of many of its health-promoting effects. Well-documented health benefits include reducing cholesterol and triglycerides in the blood (while increasing high-density lipoproteins, so-called good cholesterol), reducing blood pressure, improving circulation, and helping to prevent yeast infections, cancers, colds, and flu. Garlic has good antibacterial,

antifungal, antiparasitic, antioxidant, anti-inflammatory, and immunostimulant properties. At least nine epidemiological studies show that garlic significantly decreases the incidence of cancer, especially cancers of the gastrointestinal tract, among those who consume it regularly.

*Garlic, as a main culinary ingredient, transforms any meal into a bold, aromatic and healthy cooking experience.*



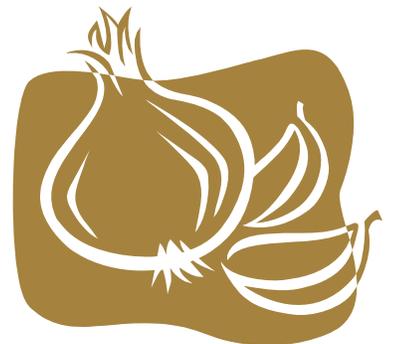
## Selection & Storage:

**Firm:** Heads should be firm & compact. Mushy & hollow cloves should be discarded

- **Fresh:** No bruising, nicks, or cuts. no green sprouts or dis-colored bulbs.
- **Mold-free:** Dark powdery patches under the skin are signs of mold, and should not be used.

**Store** unpeeled heads of garlic in a cool, dry, well ventilated area, away from light.

Properly stored unpeeled garlic can keep up to 3 months.



## Serving Ideas:

**Marinate** pressed garlic in olive oil and use this flavored oil in dressings and marinades.

**Purée** fresh garlic, canned garbanzo beans, tahini, olive oil and lemon juice to make quick and easy hummus dip.

**Sauté** steamed spinach, garlic, and fresh lemon juice.

**Add** garlic to sauces and soups.

**Purée** roasted garlic, cooked potatoes and olive oil together to make delicious garlic mashed potatoes. Season to taste.

**Rub** a clove of garlic on wooden salad bowls and porcelain serving dishes to impart a hint of garlic flavor.



## ROASTING GARLIC:



*Roasted garlic, which has become popular in recent years, is sweet to the taste and is delicious on bread or crackers as an appetizer or served as a vegetable side dish.*

To prepare roasted garlic, leave the head whole and cut off the tip of the head, exposing the cloves. Allow one-half to one head per person. Put the head (or heads) in a baking dish or wrap them in aluminum foil, sprinkle with olive oil or pat with butter,

and season with a little salt and pepper and some fresh or dried thyme if desired. Bake at 350 degrees F until very soft and tender (about 45 minutes to 1 hour). The roasted garlic cloves can be easily squeezed from their skins and spread with a knife.

## Garlic bread:

### Ingredients

4 cloves garlic, crushed  
2 tablespoons butter  
2 tablespoons extra-virgin olive oil  
1 loaf crusty bread, split  
3 tablespoons grated cheese, Parmigiano or Romano, optional  
Chopped fresh parsley

### Directions

Combine garlic, butter, and oil in a microwave safe dish or in a small saucepan. Heat garlic and butter and oil in microwave for 1 minute or in a small pot over moderate-low heat for 3 minutes.

Toast split bread under broiler. Remove bread when it is toasted golden brown in color. Brush bread liberally with garlic oil. Sprinkle with cheese, if using, and parsley. If you added cheese, return to broiler and brown 30 seconds. Cut into chunks and serve.

**Serves: 4**



# Garlic smashed potatoes:

## Ingredients:

1 3/4 pounds small red potatoes, cut in half (or large red potatoes cut into 1-inch pieces)  
4 cloves garlic, smashed with the side of a knife  
1 teaspoon kosher salt, and more to taste  
1/2 cup creme fraiche or sour cream  
1/2 cup freshly grated Parmesan  
2 tablespoons unsalted butter, cut up  
1/2 teaspoon pepper, and more to taste

## Directions:

1. In a medium saucepan, combine the potatoes, garlic, salt, and water to cover by a couple of inches. Bring to a boil, lower the heat, cover, and simmer for 10 minutes or until the potatoes are tender when pierced with a fork.
2. Drain the potatoes into a colander. Return them to the saucepan. Add the creme fraiche or sour cream, Parmesan, butter, and pepper.
3. Using a potato masher or whisk, mash the potatoes.

*Taste for seasoning and add more salt and pepper, if you like.*



## Tabil- A Tunisian Spice Mix:

*Tabil, pronounced "table," is a word in Tunisian Arabic meaning "seasoning" and refers to a particular Tunisian spice mix,*

Makes 1/4 Cup

## Ingredients:

2 large garlic cloves, peeled and chopped or 2 teaspoons garlic powder  
1/4 cup coriander seeds  
1 tablespoon caraway seeds  
2 teaspoons cayenne pepper

## Directions:

In a mortar, pound the garlic with coriander, caraway, & cayenne until homogeneous. Will keep in the refrigerator for up to two months if using fresh garlic, or indefinitely if using powdered garlic.

## SOPA DE AJO (Spanish Garlic Soup)

### Ingredients:

1/2 c. olive oil  
3 c. coarsely crumbled French or Italian bread, trimmed of all crusts  
1/4 tsp. cayenne pepper  
2 eggs, lightly beaten  
2 Tbsp. finely chopped garlic  
1 tsp. paprika

6 c. water  
1 tsp. salt  
1 Tbsp. finely chopped parsley

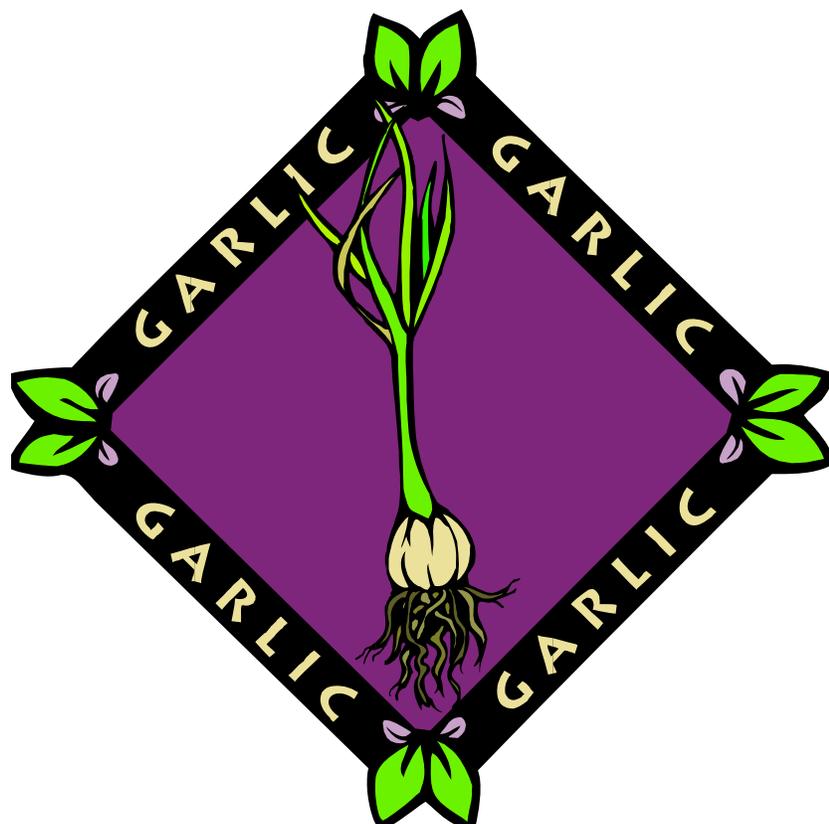
### Directions

In a large, heavy saucepan, warm the olive oil over low  
add garlic. Stirring frequently for 2 to 3 minutes or until soft, but not brown.  
Stir in the crumbled bread and in-

crease the heat to medium. cook until bread is golden. Stir in the paprika, then water, cayenne and salt. Bring to a boil. Reduce to low and simmer uncovered for 30 min.

With a large wooden spoon, beat the soup until the bread is pulverized. Slowly pour in the beaten eggs, stirring constantly. Simmer a few seconds. (Do not let the soup come near a boil or it will curdle.)

Serve garnished with parsley.



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## Preserving:

### **FREEZING GARLIC**

Garlic can be frozen in a number of ways.

1. Chop the garlic, wrap it tightly in a plastic freezer bag or in plastic wrap, and freeze. To use, grate or break off the amount needed.

2. Freeze the garlic unpeeled and remove cloves as needed.

3. Peel the cloves and puree them with oil in a blender or food processor using 2 parts oil to 1 part garlic. The puree will stay soft enough in the freezer to scrape out parts to use in sautéing. Freeze this mixture immediately - do not store it at room temperature. The combination of the low-acid garlic, the exclusion of air (by mixing with oil), and room-temperature storage can support the growth of *Clostridium botulinum*.

### **DRYING GARLIC**

Dry only fresh, firm garlic cloves with no bruises. To prepare, separate and

peel the cloves. Cut in half lengthwise. No additional pre drying treatment is necessary. Dry at 140 degrees for 2 hours, then reduce heat to 130 degrees until completely dry or crisp. If desired, garlic salt may be made from dried garlic. Powder dried garlic by processing in a blender or food processor until fine. Add 4 parts salt to 1 part garlic powder and blend 1 to 2 seconds. If blended longer, the salt will become too fine and cake together in clumps.

### **STORING GARLIC IN WINE OR VINEGAR**

Peeled cloves may be submerged in wine or vinegar and stored in the refrigerator. A dry white or red wine is suggested; white or wine vinegars also work well. The garlic/liquid should be kept for about 4 months in the refrigerator. Discard both the cloves and the liquid if there are signs of mold or yeast growth on the surface of the wine or vinegar. The garlic-flavored

liquid and the garlic cloves may be used to flavor dishes. Do not store the garlic/liquid mixture at room temperature because it will rapidly develop mold growth.

### **STORING GARLIC IN OIL**

Extreme care must be taken when preparing flavored oils with garlic or when storing garlic in oil. Peeled garlic cloves may be submerged in oil and stored in the freezer for several months. Do not store garlic in oil at room temperature. Garlic-in-oil mixtures stored at room temperature provide perfect conditions for producing botulism toxin (low acidity, no free oxygen in the oil, and warm temperatures). The same hazard exists for roasted garlic stored in oil. At least three outbreaks of botulism associated with garlic-in-oil mixtures have been reported in North America.