



# Confit Garlic

## INGREDIENTS

- 2 Garlic Bulbs
- 1 Sprigs Thyme (or herb of choice)
- 125ml Extra Virgin Olive Oil



Serves: 230 grams



Prep Time: 5 min



Cooking Time: 2 hrs

## METHOD

1. Prepare the garlic by separating it and peeling the cloves.
2. Add the items to a deep baking tray or casserole dish. Place the thyme in first, then add the garlic cloves and pour enough oil over to submerge the garlic entirely. \*It's best to use a smaller dish here with high sides, so you need less oil than a large oven-tray.
3. Slow roast the garlic in the oven for around 2 hours at 90°C (fan-assisted). When ready the garlic will be tender and lightly golden but not too browned.
4. A slower, low-temperature cook for better flavor but feel free to check on the garlic after an hour as it may already be good enough for you.
5. Allow the garlic confit to cool enough to remove any herbs. Once cooled, garlic is ready to use or to be placed in an airtight container and stored in the fridge.

Special Notes: Confit garlic/oil can be used for dips, sauces, spreads, vinaigrettes/ dressings, etc. Can be stored in the fridge for up to two weeks or can be frozen for up to 2 months (Just remember that oil doesn't freeze solid, so keep it somewhere where it won't get knocked over).



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