

Garlic Confit

with The Jungle Farm's Garlic



INGREDIENTS

2 heads of garlic
extra virgin olive oil

DIRECTIONS

- Place your peeled garlic in a saucepan and pour enough olive oil to submerge the garlic fully.
- Turn the heat up to medium and bring to a low simmer.
- Lower the heat and continue with a low simmer. You should see some small bubbles on the garlic, but it should not boil.
- Simmer until the garlic is soft and has a light brown colour. The time will vary; 1 to 3 hours is normal. The longer it cooks, the more flavourful it will be.
- Transfer the garlic & oil into a glass container and cover. Place in fridge and use within 1-2 weeks.