

Garlic



Selecting

Choose garlic with dry skin and firm cloves. Avoid bulbs with blemishes, soft spots, sprouts, or mold.

Storing

Store garlic in a cool and dark place, like your kitchen cupboard. Do not store garlic in the fridge or in a plastic bag. Moisture can cause the cloves to develop mold. Whole bulbs should last several months; individual cloves should be used within 2 weeks. You can also freeze cloves for several months.

Preparing

Loosen the bulb by pressing on it with the palm of your hand, with the root side down. Remove the cloves that you need. Leave the rest of the bulb intact to help it last longer. To remove the skin, use the flat side of a wide knife to firmly press down onto the garlic clove. Cut off the root and use the clove whole, sliced, chopped, minced, or smashed.

How to roast a whole garlic bulb: Remove the outer layers from the garlic bulb. Cut off 1/4 inch from the top to expose the garlic and drizzle with olive oil. Wrap in aluminum foil and bake at 400° F for 40 minutes or until the cloves are lightly browned. Cool and squeeze the bottom of the bulb to release the roasted cloves.

Eating

Garlic has a strong, spicy flavour that will mellow and sweeten with cooking. It can be added to many recipes to boost flavour. From eggs and salsa to marinades and stir-fries, garlic will be a great addition. Just remember the more you manipulate garlic, the stronger the taste. Smashed cloves will deliver the most intense flavour, sliced cloves will be less intense, and intact cloves will have the mildest taste.

Roasting garlic changes the flavour completely. Roasted garlic tastes sweet, mellow, nutty and rich. Spread it on whole-grain bread or baked potatoes or mix it with pasta dishes.

Seasonality

Garlic is available year-round in grocery stores. Local fresh garlic season runs from mid-summer through early fall.

Nutrition

Garlic contains sulfur compounds which may protect against many diseases.



Pro Tip: It's best to use garlic right away, or within an hour of chopping. Once the garlic sits for more than 6 hours, it can become very bitter and overpowering in a recipe.

