

Confit

Garlic Confit

Garlic confit is mellower than raw garlic; it provides a nice subtle garlic flavor that won't overwhelm the finished dish. Works great for basting chicken, hanger steak, or to flavor potatoes and mushrooms. It can be kept for months in the refrigerator.

INGREDIENTS

12 Garlic Cloves, peeled

1 cup Extra Virgin Olive Oil

PREPARATION

- Place the Garlic in the smallest saucepan available. Add enough Extra Virgin Olive Oil to cover, then heat over medium heat until the first bubbles appear.
- Reduce the heat to low (it should no longer bubble; if it does, put a skillet under the saucepan to diffuse the heat).
- Cook until the Garlic is very soft, about 40 minutes. Cool the confit to room temperature, then store the Garlic in the Oil in the refrigerator. Do not freeze.

Makes 1 portion of Garlic Confit.