

## Garlic Cloves



### Garlic oil and confit:

Heat 1 cup olive or avocado oil with six peeled cloves of garlic in a small saucepan. Bring to a boil, then turn the heat to low. Cook for five minutes until the garlic is golden. Turn off the heat and set aside. Remove the garlic from the oil.

The oil can be used:

- over eggs or potatoes prepared any way.
- as a dipping sauce for crusty bread
- drizzled over steamed or sauteed veggies
- used in a vinaigrette
- as the oil for stir fries

The garlic poached in oil is called confit (kän'fē/) and it can be mashed, pureed or blended into :

- Sauces, gravies and vinaigrettes
- Spread on toast and sandwiches
- Folded into pureed vegetables and mashed potatoes
- Blended into soups
- Spooned over roasted meats and fish