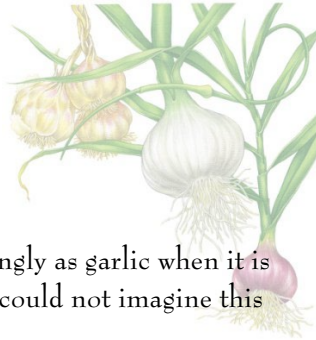


Garlic Recipes

From Log House Plants



Roasted Garlic

“Few foods metamorphose as dramatically or alluringly as garlic when it is roasted. Hardly a savory recipe exists in which one could not imagine this substance.”

- Norman Van Aken, author of *New World Kitchen*

4 large heads garlic, cut horizontally in half

½ cup pure olive oil

1½ teaspoons black peppercorns

Salt

Optional: several sprigs of fresh thyme or rosemary

Preheat the oven to 350 degrees. Use a sharp, serrated knife to cut each head of garlic crosswise in half, midway between its leaf and root ends, exposing all the cloves inside.

Put the garlic heads cut side down in a small casserole or ovenproof pot and drizzle with olive oil. Add peppercorns and season lightly with salt. Cover with a lid or foil and bake for 45 minutes to 1 hour, until garlic is very soft and slightly caramelized. Fresh herbs may be added during the last 10 minutes of baking, if desired.

Cool slightly and then shake or squeeze the cloves out of their papery husks into a bowl and mash with a fork. Roasted garlic puree makes a wonderful spread and it may be added to sauces, soups, dressings, or just about any savory recipe. Store in the refrigerator for up to 3 weeks or freeze small portions to use as needed.

Variation: Increase the amount of olive oil to 1 cup per head of garlic. After roasting, pour off the garlic-infused oil and reserve for cooking or drizzling over vegetables, or dipping bread.

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Garlic Walnut Pesto from Southern France

1½ cups walnut halves (6 ounces)

8 large garlic cloves

1 teaspoon apple cider vinegar

1 teaspoon water

¼ cup minced flat-leaf parsley, chopped

½ cup extra-virgin olive oil or walnut oil

1 tablepoon fresh thyme or chives, finely chopped

Sea salt



In a food processor, lightly pulse the garlic, vinegar, and a few tablespoons of oil until roughly chopped. Add 1¼ cups walnuts, remaining oil, and water; pulse quickly until chopped. Add remaining walnuts and pulse briefly. Stir in parsley and herbs by hand. Season to taste with salt.

Variation: Try using toasted walnuts instead of raw. Spread the walnuts on a baking sheet and toast for 12 minutes at 350°, or until golden. Cool the walnuts and chop.

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Healing Uses

Garlic has been an herbal powerhouse, used by herbalists to treat heart disease, cancer, earaches, infections, and a range of digestive and respiratory ailments. Some research has now indicated that garlic is effective against typhus, staph, and strep bacteria, cholera, dysentery, enteritis, some flu viruses, yeasts, and fungi, including athlete's foot, and that it lowers blood cholesterol and inhibits blood clotting. Other remedies have included garlic oil for earaches, fresh garlic juice on acne, garlic capsules to prevent colds, and garlic syrup for coughs, colds and asthma.