

HONEY FERMENTED GARLIC

Ingredients:

2 heads garlic, peeled, slightly crushed and cut to single serving size (I use hardneck varieties - Music, Russian Red, Chesnok Red, or similar types)

1 cup raw honey

Notes:

When fermenting honey with garlic, honey takes on intensely savory garlic flavors and becomes super runny. Perfect for drizzling over meats, vegetables or almost anything savory. Garlic is wonderful for snacking as an immune builder to prevent and recover from those winter time viruses & colds.

Servings & Prep

Approximately 32 servings

Prep: 20 minutes (for peeling and preparing jar)

Needed: 16 ounce jar with cover (or fermenting lid)



Instructions:

1. In a 16 ounce jar, add prepared garlic cloves.
2. Pour over 1 cup of honey to cover garlic completely. Leave a few inches of head space in the jar to give the honey room to expand during fermentation. Cover with a lid.
3. Every day (or two) open your jar to let the built up CO₂ escape. (Burp) Recover with lid and rotate your jar to re-coat your garlic cloves. They may float to the top but stir gently to recover.
4. You can use this ferment anytime, but if you can be patient, the garlic should be fully mellowed after about a month.

Store at room temperature

Take during cold & flu season - 1 - 2 cloves. The garlic will be mellow and able to be consumed raw. Honey can be used in sauces and salad dressings for almost any savory dish you prefer. If you like garlic - it is quite delicious!