



Recipes featuring Garlic from: *Garlic: An Herb Society of America Guide*

<http://herbsociety.org/factsheets/Garlic%20Guide.pdf>

HERBES DE PROVENCE AND ROASTED GARLIC PESTO

All the flavors of Provence blended into a convenient concentrate.

- 1 medium head garlic, roasted with olive oil and wine in oven or top of stove
- 1 cup each firmly packed fresh basil and sweet marjoram or mild oregano leaves and tender stems
- ¼ cup firmly packed fresh thyme leaves and tender stems
- 2 tablespoons each firmly packed rosemary, sage and winter or summer savory leaves and tender stems
- 4-5 large fresh bay leaves, tough center stem removed and leaves cut into several small pieces
- 1 tablespoon whole fennel seeds, ground
- 2 tablespoons fresh or dried lavender flowers (be sure flowers do not contain potpourri fragrance oil)
- 2 tablespoons orange peel, cut into small pieces
- 1 teaspoon salt
- ⅔ to ¾ cup extra virgin olive oil

Break garlic into individual cloves and squeeze out soft garlic from pointed end. Blend with remaining ingredients in a food processor until smooth. Use concentrate in very small amounts since flavor is quite pungent. Use as a rub to season meats, in sauces and vegetables or dilute with vinegar and additional olive oil for a delicious salad dressing or marinade. To keep oil-based mixtures fresh and safe, use immediately or store up to 2 years in an airtight container in freezer.

Yield: about 2 cups

Recipe © Madalene Hill and Gwen Barclay

QUICK GARLIC MAYONNAISE

- 2 or 3 fresh garlic cloves
 - ¾ cup commercial mayonnaise
 - 2 tablespoons olive oil
 - 2 teaspoons lemon juice, or to taste
- Slice the garlic and reduce it to a paste as above. Whisk the garlic into the mayonnaise. Add the olive oil in a fine stream, whisking continually. Whisk in the lemon juice. Use immediately or store in the refrigerator for 3 to 5 days.

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GARLIC RICE PILAF

6 cloves of garlic, peeled
1 onion, peeled
3 tablespoons extra-virgin olive oil
1 cup Basmati rice (or similar rice)
2½ cups beef (or chicken) broth
1 tablespoon fresh garlic chives or regular chives, snipped finely
1 tablespoon fresh parsley, minced
Pre-heat oven to 350°F.

Cut the garlic into slices, then into thin strips. Let sit 15 minutes before frying (see note below). Cut onion into thin slices. After 15 minutes is up, then heat oil in a frying pan and sauté the garlic and onions, until just barely browning. Do not let the garlic burn as it will develop acrid flavors. When the onions and garlic are just beginning to brown, then add the rice and stir to coat each grain with the oil. Add the broth, stir well and pour everything into an ovenproof casserole (or leave in the skillet if it can go into the oven). Bake in pre-heated 350°F oven for about 40 minutes or until the broth is absorbed and rice is tender.

Just before serving stir in the snipped chives and parsley.

Note: the 15-minute wait is to allow the garlic to develop flavors and the compounds which contribute to good health (allicin). If you use fresh garlic, you will not develop garlic breath after eating nor will the dish be too strong in garlic flavor. **DO NOT USE GARLIC POWDER OR DRIED GARLIC GRANULES** (these are loaded with sulfur and contribute to garlic indigestion and garlic breath).

Recipe © Patricia Reppert, from Mad for Garlic (57). Printed with permission.

REFERENCES:

Belsinger, Susan and Carolyn Dille. 1993. The garlic book: a garland of simple, savory, robust recipes. Loveland, CO: Interweave Press.

Reppert, Pat. 1997. Mad for garlic. Sioux City, IA: Hearts & Tummies Cookbook Company