

Baked roasted garlic

Garlic cooked at low temperatures develops a smoky, caramelized flavor as the sugars it contains become concentrated. What remains is a hearty, creamy-buttery garlic cream.

Preparation time: 4 h. 30 min. · Level of difficulty: easy ·

Quantity

Ingredients for 12 portions.

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5 piece Garlic bulbs
4 tbsp Extra virgin olive oil

Preparation

Peel as many cloves of garlic as will fit in the bottom of the pot (about 5 heads), without stacking them, so that they can cook evenly.

Mix well with 1-3 tablespoons of extra virgin olive oil or, if you want flavored oil, fill with oil to an inch above the garlic cloves. This oil is perfect for straining after cooking and flavored with the cooked garlic, it is used to flavor pizza, pasta and salad dressings.

Use a slow cooker or heavy-bottomed saucepan.

Program 4 hours or set an alarm for 4 hours when the temperature is very low. From time to time check how soft the garlic is, the times vary depending on the variety.

Then leave to cool in the pan.

Now there are 3 ways to use it:

1. Put whole garlic cloves in new bottles with fresh olive oil.
2. Pour off the excess olive oil for seasoning and mix the remaining garlic cloves in the blender and pour off. Put it in a jar, the top layer should be of olive oil for preservation. It is ideal for flavoring vegetable creams, vegetable stews or meat dishes, pizzas and pasta sauces.
3. Mixed with cream yoghurt, salt and pepper, you get a light allioli, a great tapa variant for the summer.

Can be kept in the fridge for 2-3 weeks, the more oil the longer. Can be frozen in ice cube trays for months.