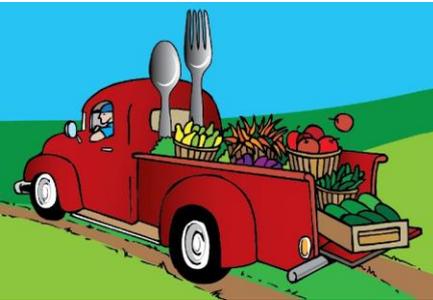




today's main ingredient

A  LOCAL FOOD PODCAST



Roasted or Baked Garlic

Roasting at high temperature or baking at low temperature. Either is delicious!

INGREDIENTS

Garlic heads (one or more per person)
Olive oil and/or butter
Salt and freshly ground black pepper
Crusty French bread

ROASTING: Pre-heat oven to 400° Fahrenheit

STEP 1 – Slice off the top quarter of the garlic head to expose the cloves inside. Place on a piece of foil. Drizzle with olive oil and wrap in the foil. *Note: Butter may burn at high temperatures.*

STEP 2 – Roast until lightly browned and tender, about 30 minutes.

BAKING: Pre-heat oven to 400° Fahrenheit

STEP 1 – Set the whole garlic heads in a baking dish and top each with 1 Tablespoon butter. Sprinkle with salt & pepper and drizzle with olive oil. Bake for 30 minutes.

STEP 2 – Baste tops of the garlic, then add just enough water to film the pan bottom. Cover and bake another 1 to 1 1/2 hours or until the cloves are tender.

STEP 3 FOR BOTH – Serve with fresh crusty bread. Each person squeezes the soft garlic out of its skins onto the bread (with or without a good goat cheese). Or, use the squeezed cloves to make a garlicky dip or a spread!



Roasted Garlic head: Photograph by Mike Peel (www.mikepeel.net), CC BY-SA 4.0
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