

GARLIC



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Roasted Garlic

INGREDIENTS

Garlic – whole heads or peeled cloves
Olive Oil

Roasted garlic cloves can be spread on bread like butter, used to flavor soup, added to mashed potatoes, or provide incredibly rich garlic flavor to meats if used as a marinade/rub.

PEAK SEASON

July–September

DIRECTIONS

To roast whole heads of garlic:

- 1** Preheat an oven to 400°F.
- 2** Cut the garlic across the top of the head, exposing cut cloves. Place the head, roots down, on a piece of aluminum foil, drizzle the garlic with 1-2 Tablespoons of olive oil, and wrap with the aluminum foil.
- 3** Roast in the oven for 30-45 minutes, or until the garlic is strongly fragrant and squishes out of the heads cleanly.
- 4** Remove from the oven and allow to cool slightly before using.

To “roast” peeled cloves of garlic:

- 1** Place peeled garlic cloves in a small saucepan, and cover with oil by about ½ - 1”.
- 2** Bring to a simmer over gentle heat, and carefully adjust your stove so the oil bubbles only slightly. If you heat the oil too high, you’ll fry the garlic – which is delicious as well – instead of cooking it more gently.
- 3** Cook for 20-30 minutes, or until the garlic is soft and fragrant. Allow to cool, then strain out the garlic cloves from the oil. Reserve the oil for use in cooking.

*Recipe provided by
Eastern Market Chef
Aaron Egan*

