



HONEY GARLIC (fermented)

Contributed by: Mystic Farm
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Total time: 1 hr prep

Serves:

Ingredients:

1 lb peeled garlic cloves
Raw, natural, non pasturized honey

When fresh garlic is chopped or crushed, the enzyme alliinase converts alliin into allicin, which is responsible for the aroma of fresh garlic and all the great health benefits.

Directions

1. Peel desired amount of garlic. (Hint: break bulbs and rub off loose skins. Soak in room temp tap water for 2 to 3 hrs. Skins should slip off easier)
2. Snip off root ends or lightly crush the cloves.
3. Fill a clean glass jar with desired amount of garlic, leaving approx. 2" from rim.
4. Add honey enough to cover garlic.
5. Cover jar with tight lid, shake and tumble to coat your garlic well and release any trapped air.
6. Add additional honey only **to cover garlic by 1"** (leave 1" minimum air space from rim). *Too much honey will inhibit the fermentation process.*
7. Loosen the lid to allow gas bubbles to escape and set on counter

For the first few days, tighten the lid and shake to make sure the cloves stay covered. It is natural for some to float. Over time they will all sink which means things are going as planned. The honey will start to bubble after a couple days. Its ready to start sampling after a week. Stores right on your countertop for months without refrigeration.