



# Roast Garlic Confit

Garlic, the flavour masterpiece of countless dishes across diverse cuisines, holds a special place in our heart. Yet, the garlic prep before almost every recipe feels like a daunting chore. Hence, we bring you roasted garlic confit, a game changing kitchen tip that can easily prepped in advance and stored in fridge for weeks.

Garlic, the flavour masterpiece of countless dishes across diverse cuisines, holds a special place in our heart. Yet, the garlic prep before almost every recipe feels like a daunting chore. Hence, we bring you roasted garlic confit, a game changing kitchen tip that can easily prepped in advance and stored in fridge for weeks. By roasting garlic with aromatic thyme, chili and perhaps some fresh herbs from your garden, you can turn this pantry staple into a flavour explosion in every recipe. Spend some time prepping, and you'll save hours, if not months, of effort in the kitchen. This recipe is a must-have in every home, offering peeled and prepped garlic for soups, curries and pastas and a bonus garlic infused oil that's perfect for salad dressings and flavoured cooking oil for pan searing and frying.

## • Ingredients

4 bulbs garlic

Olive oil (approximately 800ml)

1 dried chilli

5 sprigs thyme

1 tsp salt

## • Method

Preheat oven to 100°C CircoTherm®.

Bash the heads of the garlic with the palm of your hand or with a small plate. Place in a container with a lid and shake vigorously for 2 – 3 minutes or until the peel of the garlic starts coming off the cloves. Remove all the remaining peels and place the peeled garlic cloves into an oven proof dish that can hold at least 1 litre.

Cover the garlic cloves with olive oil or any high temperature oil that isn't already flavoured. Add in the dried whole chilli and thyme along with the salt.

Place on shelf level 2 of the oven and cook for 1 ½ hours. When finished remove from the oven and allow to completely cool before transferring to a preserving jar or a container with an air tight lid.

- **Notes**

Already peeled garlic can be purchase from many fruit and veg vendors making this whole process much easier.

**Preparation time:** 5 minutes **Cooking time:** 1 hour 30 minutes **Serves:** 10

- **Make the most of garlic confit–**



**Garlic Bread** – Craving garlic bread with your pasta or as a snack? Simply open your jar of roasted garlic confit and generously spread it across a toasted ciabatta or a baguette for a treat. (Pro tip – Use the garlic infused oil for toasting the bread in a pan). Try our [tasty baked flathead fillet with garlic bread](#) and use the garlic confit in place of garlic salt and butter create this easy [rustic baguette](#).



**Garlic Infused Oil** – Take your steak or chicken to another level by pan frying or searing with the garlic infused oil for a fragrant and delicious dinner in a few minutes. Or simply add this leftover oil to a salad dressing for extra burst of flavour.



**Garlic in soups, curries, pastas and more** – Turn your weekday dinner into gourmet experiences with roasted garlic that can easily spruce up any easy and quick recipe. Try this delicious family favourite hasselback potatoes recipe complete with roasted garlic confit for extra flavour or save a few minutes with this prepped garlic while make this [Cheesy Meatball Pasta Bake](#) for your dinner.