



Confit Roasted Garlic



DIFFICULTY: EASY



PREPARATION TIME: 5 MINS COOKING TIME: 1 HOUR 30 MINS



SERVES: 10

Ingredients

- 4 bulbs garlic
- Olive oil (approximately 800ml)
- 1 dried chilli
- 5 sprigs thyme
- 1 tsp salt

Method

Preheat oven on CircoTherm to 100°C.

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.