

# Garlic Confit

Learn to make silky garlic confit with tender, golden cloves slow-cooked in oil. Perfect for spreading on bread, adding to pasta, or elevating any dish.

15	45	60	6	Easy
PREP MIN	COOK MIN	TOTAL MIN	SERVINGS	DIFFICULTY

## Garlic Confit

## Ingredients

- 3 garlic
- 1 cup olive oil

## Instructions

- 1 Prepare the garlic**

Separate 3 garlic heads into individual cloves and peel off all papery outer skins. Trim the root end of each clove with a sharp knife, removing any brown spots.
- 2** Place the peeled garlic cloves in a heavy-bottomed saucepan in a single layer.
- 3** Pour 1 cup of olive oil over the garlic cloves, adding more oil if needed until cloves are covered by 1 inch (2.5 cm) of oil.
- 4 Cook the confit**

Heat the oil over medium-low heat until it reaches 160°F (71°C), using a thermometer to monitor temperature.
- 5** Reduce heat to low and cook the garlic for 30-45 minutes, maintaining temperature between 160-180°F (71-82°C), until cloves are golden brown and completely tender when pierced with a fork.
- 6** Remove pan from heat and let the garlic cool completely in the oil for 30 minutes.
- 7 Store the confit**

Transfer the garlic and oil to clean glass jars, ensuring cloves remain completely submerged in oil. Refrigerate immediately and use within one week.

## Tips

Use a candy thermometer to monitor oil temperature and keep it between 160-180°F (71-82°C) for perfectly tender garlic without bitterness.

Choose garlic heads that feel firm and heavy with tight, papery skins - avoid any with green sprouts or soft spots.

Remove the green germ from the center of each clove if present, as it can add unwanted bitterness to your confit.

Test doneness by piercing cloves with a fork - they should yield easily without any resistance when fully cooked.

Sterilize your storage jars by running them through the dishwasher or boiling them for 10 minutes before adding the confit.

Save the garlic-infused oil for salad dressings, sautéing vegetables, or drizzling over finished dishes for extra flavor.

Double the recipe and freeze half in ice cube trays - you'll have instant flavor enhancers ready for future cooking.

Always use a clean, dry spoon when removing confit from the jar to prevent contamination and extend shelf life.