

HONEY WITH FRESH GARLIC

Combining the sweet flavor of honey with the spicy, pungent flavor of garlic may seem like an unlikely combination, but it is surprisingly tasty. The honey also mellows out the raw heat of the garlic, allowing you to enjoy it in larger amounts without getting an upset belly.

Garlic honey can be used for sore throats and to relieve congested coughs. Take a teaspoon of it every 1 to 2 hours. It can also be used in cooking for marinades and salad dressings.

Over time, the garlic may become rubbery or tough. If this happens, you can strain out the garlic and use the remaining honey. For best results, make this in small batches so you can always have a fresh and potent preparation on hand.

Yield: ½ cup (118 ml)

Ingredients

- 2-3 fresh garlic cloves
- 1-2 Tbsp honey



Equipment/Tools

- Knife and cutting board
- Jar (1/2 pint, 8 oz, or 250 ml) with a tight-fitting lid
- Measuring cup
- Spoon or chopstick for stirring
- Clean cloth for wiping jar rim
- Label
- Fine-mesh strainer (optional)

Instructions

1. Peel and mince the fresh garlic cloves. Let stand for 15 minutes.
2. Add them to the jar.
3. Pour the honey into the jar. Stir well.
4. Wipe the rim of the jar with a clean cloth. Cover the jar. Label.
5. Store in the refrigerator. This is ready to eat in 3 days but can be stored for much longer. It isn't necessary to strain off the garlic, although it will get harder when stored for a long time and may not be as pleasant to eat.

Note: If your house is warm, you may want to refrigerate the honey to avoid fermentation.



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