



Garlic Paste

This time of year we cook a lot of meals at The Ranch with fresh green garlic. It's rich in antioxidants and great for a spring detox. This easy paste is a time-honored way to preserve your garlic and save a ton of effort because you scoop it when you need it. Once you've whirled in a processor your days of peeling and chopping garlic are over. You can use spring's young green garlic or regular, summer garlic cloves too. This simple recipe is from Executive Chef Reyna and her hands-on cooking class at our farm, Tres Estrellas.

Yields one 16-oz jar

INGREDIENTS:

- 2 cups peeled garlic cloves or coarsely chopped green garlic
- ½ teaspoon kosher or sea salt
- 1 cup olive, safflower or avocado oil
- ¼ cup fresh lemon juice or white vinegar
- ¼ cup water
- 1 16-ounce jar with lid

METHOD:

1. Sterilize Your Jar. In a large pot, bring water to boil, then place the jar and lid inside for 10 minutes. Remove them from the hot water with the help of a pair of canning tongs and place them upside down on a clean cloth until cool.
2. Process the Garlic. Combine the garlic and salt in a food processor. Puree until it is as smooth as possible, stopping to scrape down the sides of the bowl as needed.
3. Pour the Oil. With the processor speed on medium to low, gradually add ½ cup of the oil in a thin stream. Do not rush the process, or the mixture will separate. We are emulsifying the garlic paste. Stop to scrape down the bowl from time to time. Gradually add ½ cup more of the oil in the same manner. The mixture should begin to set up a bit with the consistency of creamy cooked grits.
4. Pour the Lemon Juice and Water. Gradually add the lemon juice or vinegar until the mixture becomes lighter and whiter. Finish by slowly adding the water. The mixture will loosen but should not be runny. The resulting garlic paste should be creamy white and fluffy, like beaten egg whites. If not, keep the motor running and add more oil to achieve the right color and consistency.
5. Pour Into a Jar and Reserve. Transfer to a container with a tight-fitting lid; seal and refrigerate for a few hours before using. The mix can be stored for up to 2 weeks refrigerated.

¡Buen Provecho!