



Garlic Paste

This time of year, we cook a lot of meals 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 time effort because you scoop it when you need it. Your days of peeling and chopping garlic are over. This is great for regular or summer garlic too. This easy recipe is from Executive Chef Reyna and her hands-on cooking class at our farm, Tres Estrellas.

Yield 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 cloves and salt in a food processor. Puree until 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. Instead, stop and 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.

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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.

Step 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.

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