

Fraser's Garlic Farm

Cooking with Garlic

Garlic in its raw form contains many compounds that fight against disease. It is anti-viral, anti-fungal, anti-bacterial, lowers cholesterol, lowers blood pressure, prevents blood clots and is a good cancer fighter. For these reasons, we do not thoroughly cook our garlic in our favorite dishes. It is easy to sauté lightly or chop or crush it and throw it into your dish within the last 2 or 3 minutes of cooking time.

Roasting Garlic

Roasted garlic is one of our favorites and is an exception to the above rule. To prepare, separate the cloves from the head leaving the skin intact on each clove. Place the cloves into an oven safe dish, add three or four drops of olive oil and cover, bake in the oven for 35 minutes at 350 degrees. Remove from oven and let cool. Squeeze the meat from each clove and use to flavor other foods.

Garlic Dip

Make a dip by mashing the roasted garlic and adding your favorite spices such as pepper, basil, grated cheese, olive oil, etc.