

Caramelized Garlic

This is a very simple and practical recipe for people that like garlic...having a handy jar of caramelized garlic can be very helpful. It can be added everywhere garlic is welcome...



Okay, this is one of the posts that I feel almost bad posting

it...since no recipe is really needed. In spite of the simplicity of this caramelized garlic, especially when you find yourself with a huge bag of fresh garlic (thanks to Costco), it is very convenient to have this “condiment” handy.



I find having a jar of caramelized garlic very useful...I add them to stir-fry vegetables and soups, on pizza, bruchetta, pasta, seafood...you named it...practically everywhere you use garlic.

Ingredients:

- Garlic (as much as you want), finely chopped
- Olive oil



Method:

Place the olive oil in a wok or fry pan, add the finely chopped garlic and cook/fry in low to medium heat.

Stir occasionally as it can burn. Once reached the “caramel” golden color, remove from the heat.

Let it cool before storing in a glass jar.

Store caramelized garlic in the refrigerator and use as you like.





If you enjoy this simple condiment with garlic you might want to try the Asian inspired recipe for Scallion and Ginger Sauce.



Did you know that garlic is from the onion family? Garlic contains allicin, which has medicinal properties. Some of the allicin properties include reduction of blood pressure, reduction risk of heart disease by improving cholesterol levels, combating common cold.

***Thank you for stopping by Color Your Recipes...have
a colorful week!***