

Fermented Roasted Garlic

Ingredients

12 garlic heads
2 teaspoons dried oregano or thyme
sea salt

Method

Place the garlic heads (or loose cloves) on a baking pan in a 300 degree oven and roast just until the skins expand and loosen a bit, about 10 minutes. The garlic should still be firm. Peel the garlic and add the cloves to a recently sterilized quart jar. Leave at least 1 inch of space at the top of the jar.

Add oregano or other dried herbs to the jar.

Prepare a brine by combining two cups of water with 1 Tablespoons sea salt. Pour the brine into the jar to cover the garlic. If you need more brine, make another batch with the same proportions. Leave at least 1 inch of space at the top of the jar.

Close the jar tightly and ferment at room temperature out of direct light on your counter, anywhere from 3 days to 4 weeks. Visit your jar every few days and burp as needed (open the jar and push garlic and herbs to release gas bubbles and keep everything below the brine level). They will become very bubbly and active. When garlic tastes good to you, transfer to cold storage. The garlic will become more and

more delicious as the flavor ripens in cold storage as well.

Source: Inspired by Sarabell Eisenfeld's recipe in Fall 2019 People's Food Co-op newsletter (Yield: 1 quart)
