

## The Benefits of Garlic

Garlic's health benefits and medicinal properties have long been known. Garlic has been considered a herbal "wonder drug", with a reputation in folklore for preventing everything from the common cold and flu to the Plague! Raw garlic is used by some to treat the symptoms of acne and there is some evidence it can assist in managing high cholesterol levels, heart disease and diabetes. It is also an effective mosquito repellent.



An easy rule of thumb to remember regarding the potency of the flavor of garlic is: The smaller you cut it, the stronger the flavor. Chopping finely and/or pressing a clove exposes more surfaces to the air, causing a chemical reaction to produce that strong aroma and potent flavor.

Cooked, whole, unpierced cloves barely have any aroma at all, while raw garlic is the strongest in flavor. When sauteing garlic, be very careful not to burn it. The flavor turns intensely bitter, and you'll have to start over.

Store unpeeled heads of garlic in an open container in a cool, dry place away from other foods. Do not refrigerate or freeze unpeeled garlic. Properly stored garlic can keep up to three months. As garlic ages, it will begin to produce green sprouts in the center of each clove. These infant green sprouts can be bitter, so discard them before chopping the garlic for your recipe.

To peel a garlic clove, place it on a cutting board on its side, and gently press down quickly with the flat side of a butcher knife. The skin should then easily peel off. If you find the skin clinging desperately to the clove, congratulations! You have fresh garlic. As garlic ages, it shrivels inside the skin, making it easier to peel.

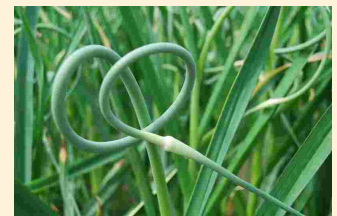
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*One of the guinea hens checking out the garlic bed*

## Garlic Scapes

The garlic scape is the stem from which the seed head of the garlic bulb is formed. Contained within the garlic scape is a great deal of flavor, although not as pungent as the bulb itself. The scape is relatively tender, making it ideal for use in several dishes.



Chopped into short sections, the garlic scape is a tasty addition to just about any type of stir-fry. The flavor adds a mild aroma as well as taste. Used to compliment the addition of onions in pesto, garlic scapes provide enough of a hint of garlic flavor to be pleasing in the recipe. As with the stir-fry, garlic scapes can also add another layer of texture to the pesto. Our garlic scapes are available in late June.

- Garlic is most effective when crushed or chopped and when raw.
- One clove a day will improve your health and 2-3 cloves will help prevent a cold.
- When cooking garlic wait until the last 10 minutes of cooking to add the garlic.
- Be careful about taking too much as it can irritate your digestive system
- Don't microwave garlic as this kills the active ingredients.

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# Recipes Featuring Garlic



## Cheesy Garlic Bread

- 1 loaf of Italian or Sourdough bread
- 4 tbs. butter, softened
- 1/3 cup grated mozzarella cheese
- 4 cloves fresh, chopped garlic
- 1/4 cup grated parmesan cheese
- 1 tsp. dried basil
- 1 tsp. dried parsley
- 1/4 tsp crushed red pepper flakes

Heat oven to 375 degrees. Cut loaf in half lengthwise. Mix garlic with softened butter. Sprinkle mozzarella evenly over each half. In a small bowl, mix Parmesan cheese with remaining dry ingredients. Sprinkle evenly over bread. Place bread halves on ungreased baking sheet and bake until cheese is melted and golden brown, about 10-15 minutes. Let cool slightly. Slice into thick slices and serve immediately.

## Garlic Mashed Potatoes

- 8 medium red potatoes
- 3 garlic cloves, peeled
- 2 bs. butter
- 1/2 cup warm milk
- 1/2 tsp. salt
- 1/4 cup grated Parmesan cheese



Place potatoes and garlic in a large saucepan: cover with water. Bring to a boil. Reduce heat; cover and simmer for 20-25 minutes or until the potatoes are very tender. Drain well. Add the butter, milk and salt; mash. Stir in Parmesan cheese.

## Caldo Con Ajo (Garlic Soup)

- Olive oil or other vegetable oil, enough to cover the bottom of a large saucepan or stockpot
- One onion, chopped
- 5 or so fresh mushrooms, sliced
- 2 chicken breasts, cubed (or use up meat from a broiler)
- 1 head of garlic, minced
- Chile powder or red flakes to taste
- Oregano and cumin to taste, or Cilantro
- 2 to 3 cups chicken or vegetable broth
- 3 carrots, julienned
- 2 cups cooked beans, black, kidney or garbanzo
- 1 large can stewed tomatoes, chopped
- 2 limes
- 2 avocados, cubed
- Tortilla Chips

Heat the oil; saute onions and mushrooms. Brown chicken. Add garlic and spices. Pour in broth; add carrots, beans and tomatoes. Look around the kitchen or garden and see what else you think might taste good. Add. After ingredients are piping hot and the meat is thoroughly cooked, squeeze in juice of one lime. Add avocados and stir for just a moment. Pour over tortilla chips, just before serving, squeeze a wedge or two of lime over each bowl.

## Lover's Garlic Steaks

- 2 filet mignons or small porterhouse steaks
- 1 tbs. olive oil
- 4 garlic cloves, chopped
- 1/3 cup beef stock
- 2 tbs. brandy
- 1/4 heavy cream

Salt and pepper to taste

Salt and pepper steaks. Heat oil in a large skillet over medium high heat. Add steaks and cook to desired doneness. Remove to heated platter. Discard excess grease and add garlic. Saute until barely brown. Add beef stock to pan and then brandy. Reduce by half. Add cream and stir until heated through. Pour over steaks with fresh ground pepper and serve with garlic mashed potatoes.

## Garlic Croutons

- 4 tbs. butter
- 1 clove garlic, minced
- 3 (3.4 inch thick) slices French bread, cut into cubes

Preheat oven to 350°. In a large saute pan, melt butter over medium heat. Stir in garlic; cook and stir for one minute. Add bread cubes and toss to coat. Spread on a baking sheet. Bake for 15 minutes or until crisp and dry. Cool.



## Garlic Ice Cream

- 3 cups whole milk
- 1 vanilla bean, split in 1/2
- 1 1/2 cup granulated sugar
- 1/4 tsp. garlic minced
- 1 cup heavy cream
- 9 egg yolks

Put milk, garlic and vanilla in a saucepan. Bring to a boil and remove from heat. In a mixing bowl blend cream, sugar, and egg yolks. Strain scalded milk mixture into the egg and sugar mixture, stirring constantly. Return combined mixture to the pan and stir continuously over moderate heat until it coats the back of a spoon, about 10 to 15 minutes. Cool in an ice bath. Add cream mixture. Pour into ice cream freezer and churn until firm.

- Use the cut side of a garlic clove to take the pain out of a bee sting! You should feel relief almost instantly!
- To increase the shelf life of more perishable garlic, separate and peel the cloves, immerse in vinegar for at least 24 hours, drain (save vinegar for salads), cover olive oil, Refrigerate for up to 3 months.
- The best way to always have a reliable supply of "fresh" garlic for cooking all winter is to take cloves, peel and chop into olive oil. Place container in freezer. Oil will not freeze solid, so when ready to cook, scoop out desired amount of garlic in oil and place in your pan. Yum!