

Herbdacious - ONE cup

Vivian Howard, *This Will Make It Taste Good*



- 1 head garlic, peeled
- 1/3 cup EVOO
- 1/2 cup fresh basil, packed
- 1/8 cup fresh parsley, packed
- 1/8 cup fresh dill, packed - or mint, chervil or cilantro
- 1/8 cup green onions, roughly chopped, green parts only
- 1/4 cup Parmigiano-Reggiano cheese, grated (use a Microplane)
- 1 1/2 tablespoons fresh lemon juice
- 2 teaspoons lemon zest
- 3/4 teaspoon kosher salt

Yield: 1 cup

Per Serving (excluding unknown items): 3 Calories; trace Fat (9.9% calories from fat); trace Protein; 1g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 291mg Sodium; trace Total Sugars; 0mcg Vitamin D; 9mg Calcium; trace Iron; 25mg Potassium; 4mg Phosphorus. Exchanges: .

Carolyn T's Blog: tastingspoons.com

Servings: 6

How to use it: mix with mayo for a BLT, slather on corn on the cob, drizzle on bean soup, grilled or sauteed veggies, over a baked potato, add to guacamole or avocado toast, dot on a tomato or watermelon salad with creamy cheese, slather on bread with cheese for garlic bread, as a green base for pizza, to dress pasta or grain salads, deviled eggs or egg salad, toss with stale bread to make croutons.

1. In a small saucepan, bring the garlic cloves and olive oil up to a simmer over very low heat. If it begins to sizzle and boil, pull it off the heat and allow it to cool slightly before you return it to the hot eye of the stove. The idea is to slowly poach the garlic in the oil rather than fry it. This could take as long as 20 minutes if you keep the heat extremely moderate. When the garlic is done, it will be soft and just slightly browned.
2. This garlic confit plus its oil are kitchen heroes in their own right and can be used anywhere you want mellow garlic notes. You could stop this recipe right here and save those little garlic bombs in the fridge for a month, as long as they are submerged in oil. Pureed, the cloves are especially useful as a means to thicken and add flavor to sauces.
3. But you don't get to herbdacious by calling it quits early. Once the garlic confit is completely cool, put it and all the remaining ingredients in the most powerful blender you have and let it rip until the mixture is smooth and green. Store herbdacious in a sealed container in your fridge for up to 2 weeks or in your freezer for up to 3 months.