

GARLIC HONEY



What you'll need...

- 15 cloves garlic
- 1/2 cup honey*

* If your honey is thick, you may need to heat it slightly in a double boiler or over very low heat until it is the consistency of a thin syrup, which will be easier to stir into the garlic.

1. Place the unpeeled garlic cloves in a glass jar. Cover the jar and shake vigorously. This helps to remove the papery skins.
2. Finish peeling the garlic and then mince it finely.
3. After mincing the garlic, let it stand for 10 to 15 minutes to allow it to react with oxygen and become even stronger medicine.
4. Place the minced garlic in an 8-ounce glass jar.
5. Pour 1/4 cup of honey in the jar. Stir well.
6. Add the remaining 1/4 cup of honey to the jar. The jar should now be filled to the top with the honey and garlic mixture. Add more honey, if necessary, to reach the top. Stir the garlic and honey well, and then put a lid on it.
7. Let the mixture rest in the fridge or on the counter for 12 to 24 hours before using. There is no need to strain the garlic from the honey.
8. This preparation will keep for years. Store it on the counter or in the refrigerator.

Yield: 1 cup



Place 15
cloves of
garlic in a
glass jar.

Cover & shake
vigorously.

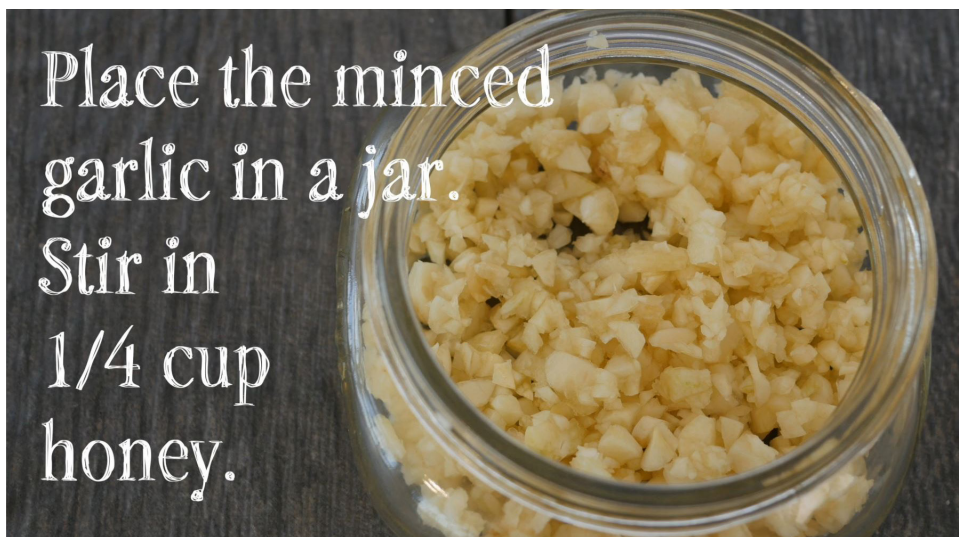
This helps
remove the
skins.



Let the
garlic
sit for
10 to 15
minutes



Place the minced
garlic in a jar.
Stir in
1/4 cup
honey.



Add
another
1/4 cup
honey...
and stir well.





NOTES

