

TECHNIQUES

Oil-Poached Garlic

A slow simmer in oil turns garlic into two kinds of gold

OPEN MY FRIDGE and you'll find a container each of oil-poached-garlic puree and its resulting offspring, roasted-garlic oil—two ingredients that I cannot cook without. The golden puree adds body and richness to sauces, dressings, soups, dips (like Garlic & White Bean Dip, *page 77*) and whatever I happen to whip up on a busy weeknight. The infused oil, a welcome by-product of

the poaching process, can be substituted for olive or canola in many savory recipes. It gives aioli and Caesar salad a mellow garlic quality where raw garlic would taste harsh and, well, raw.

The more familiar technique of roasting whole garlic heads, drizzled with a bit of oil and wrapped in foil, is a fast way to get a few tablespoons of the rich puree. But squeezing the roasted cloves from the papery skins is messy and you end up leaving some of the precious garlic behind. For a large amount of garlic, use this stovetop method commonly practiced in many restaurant kitchens.

The first step is to soak unpeeled garlic cloves in hot water to soften the skins, making them easier to remove. This technique blanches the cloves, which prevents them from frying in the oil later. Poaching in

canola with a bit of extra-virgin olive oil added for flavor yields a versatile infused oil that will stand up to high heat. The key to success with this method is maintaining a gentle simmer. Although you may be tempted to speed things up with a more rapid boil, the results will have the bitter taste of burnt essential oils. Remember that this infused oil is not a preserved product and should be refrigerated and used within a week to avoid the risk of food-borne illness.

If you need roasted garlic fast, you can always use the foil-wrapped oven method. But if you're willing to take it low and slow, the rewards of a super-mellow garlic puree and a flavorful infused oil will be as good as gold in your refrigerator. —Katie Webster

Oil-Poached-Garlic Puree & Roasted-Garlic Oil

ACTIVE TIME: 30 MINUTES | **TOTAL:** 2 1/2 HOURS
TO MAKE AHEAD: Cover and refrigerate puree for up to 1 week; cover and refrigerate oil for no more than 1 week.

the hard nub where the clove was attached to the head.

2. Place the garlic, 1 1/2 cups canola oil and 1/2 cup extra-virgin olive oil in a medium saucepan; bring to a gentle simmer over medium-low heat. Reduce the heat to low and maintain a very gentle simmer (**Photo 2**) (it may be necessary to slide the pan to the edge of the burner). Simmer until the cloves are golden and very soft when pressed with a fork, 40 to 50 minutes. Let cool for 30 minutes.

3. Transfer the cooled garlic to a sieve to drain, reserving the oil (**Photo 3**). Transfer the garlic to a food processor and puree until smooth, scraping down the sides occasionally. Store the puree and the oil separately in the refrigerator.

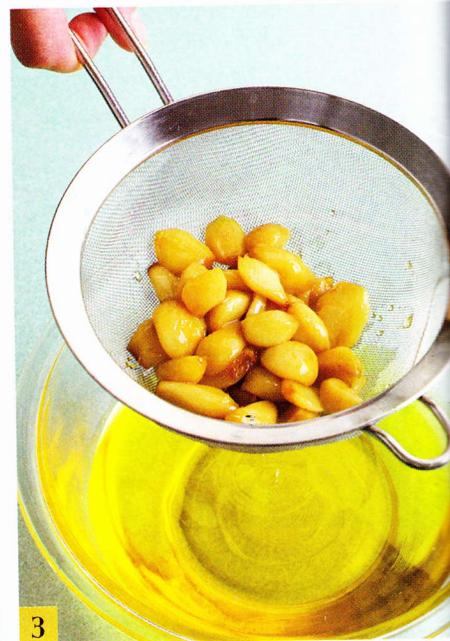
**MAKES 1/2-2/3 CUP PUREE
 (DEPENDING ON THE SIZE OF THE GARLIC)
 AND 2 CUPS GARLIC-INFUSED OIL.**



1



2



3

1. Bring 4 cups of water to a boil in a medium saucepan. Remove from the heat, add the separated cloves of 4 heads of garlic, stir to submerge the cloves and let sit until the garlic skins are softened and cool enough to handle, about 50 minutes (**Photo 1**). Strain the garlic, remove the skins and cut off

PER TABLESPOON (PUREE): 94 CALORIES; 5 G FAT (0 G SAT, 3 G MONO); 0 MG CHOLESTEROL; 12 G CARBOHYDRATE; 2 G PROTEIN; 1 G FIBER; 6 MG SODIUM.

NUTRITION BONUS: Vitamin C (20% DAILY VALUE).

PER TABLESPOON (OIL): 105 CALORIES; 12 G FAT (1 G SAT, 8 G MONO); 0 MG CHOLESTEROL; 0 G CARBOHYDRATE; 0 G PROTEIN; 0 G FIBER; 0 MG SODIUM.



Garlic & White Bean Dip

Healthy **X** Weight Lower **↓** Carbs

ACTIVE TIME: 20 MINUTES | **TOTAL:** 20 MINUTES
TO MAKE AHEAD: Cover and refrigerate the dip for up to 3 days.

 Serve with whole-wheat pita wedges brushed with roasted garlic oil and baked at 350°F until crispy, 10 to 15 minutes.

- 1/2 cup Roasted-Garlic Oil (page 76)
- 1 1/2 cups chopped onion
- 1/2 teaspoon salt
- 1 15-ounce can cannellini beans, rinsed
- 1/2 cup Oil-Poached Garlic Puree (page 76)
- 1 teaspoon lemon juice

Put oil, onion and salt in a large skillet and cook over medium heat until the onion is softened but not browned, 6 to 9 minutes. Stir in beans and cook until heated through, about 2 minutes. Transfer to a food processor. Add garlic puree and lemon juice and puree until smooth, scraping down the sides if necessary. Serve warm or cold.

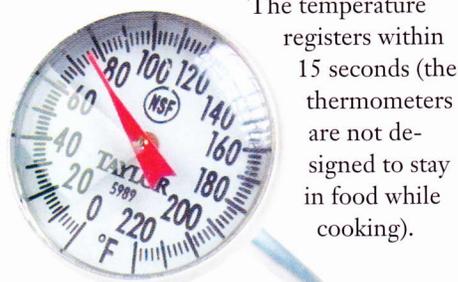
MAKES 2 CUPS.

PER 2-TABLESPOON SERVING: 33 CALORIES; 1 G FAT (0 G SAT, 0 G MONO); 0 MG CHOLESTEROL; 6 G CARBOHYDRATE; 2 G PROTEIN; 2 G FIBER; 136 MG SODIUM.

TOOLS WE USE

Instant-Read Thermometer

WHILE TESTING ROASTS for this issue (see page 58), our instant-read dial thermometers got a real workout. Whether you're roasting, sautéing or grilling meat or poultry, these thermometers are indispensable for determining doneness. Simply insert the thermometer about two inches into the thickest part of the item without letting it touch the bone.



The temperature registers within 15 seconds (the thermometers are not designed to stay in food while cooking).

They're found in the meat sections of most large supermarkets and kitchenware shops for under \$10. Digital versions are a bit more expensive, but have a wider temperature range, convenient for deep-fat frying and candymaking as well.

—C.M.

More on Roasting Temps

The internal temperature of roasted meat rises as it rests—how much depends on the size of the meat, how long it rests and the temperature at which it was cooking. Our rule of thumb is that the internal temperature will rise 5° to 10° per 10 minutes of resting.

While the USDA conservatively recommends cooking beef, pork and lamb to higher temperatures, we find this usually yields overdone results, so we offer a lower target. Whole poultry should cook to a final temperature of 175°. We make an exception for boneless duck breast, which tastes better cooked to medium (150°). People who are very young, very old or who have a compromised immune system should stick to the USDA recommendations (for more information call the USDA Meat & Poultry Hotline: 888-674-6854).

TIPS, NOTES & SOURCES

KITCHEN TIPS & NOTES

Page 10: FISH SAUCE: A pungent Southeast Asian sauce made from salted, fermented fish. Found in the Asian section of large supermarkets and in Asian specialty markets.

Page 12: SAKE: A dry rice wine generally available where wines are sold. Junmai, a special designation for sake, has no distilled alcohol added. It is characterized by a well-rounded, rich flavor and body and more acidity than most sakes.

Page 12: MISO: Fermented bean paste made from barley, rice or soybeans used in Japanese cooking to add flavor to dishes, such as soups, sauces and salad dressings. Miso is available in different colors; in general, the lighter the color, the more mild the flavor. It will keep, in the refrigerator, for more than a year.

Page 49: RICE FLOUR is made from finely milled white rice. It is often used in Asian cooking for desserts and to thicken sauces. Look for it in Asian markets or the natural-foods section of your supermarket.

Pages 49-51: TOASTED SESAME SEEDS can be purchased, but the flavor is better when you toast your own. To toast 1 cup of sesame seeds, place in a large skillet over medium-high heat and cook, stirring constantly, until fragrant and beginning to brown, 3 to 5 minutes. Store in the freezer, in an airtight container, for up to 6 months.

Page 52: BLACK BEAN-GARLIC SAUCE: This savory, salty sauce used in Chinese cooking is made from fermented black beans, garlic and rice wine. Found in the Asian-food section of large supermarkets or at Asian markets. Use it in stir-fries and marinades for beef, chicken or tofu.

Pages 53, 64: TO TOAST NUTS & SEEDS ON THE STOVETOP: Toast in a small dry skillet over medium-low heat, stirring constantly, until fragrant and lightly browned, 3 to 5 minutes.

Page 64: Hulled pumpkin seeds, also known as **PEPITAS**, are dusky green and have a delicate nutty flavor. They can be found in the health-food or bulk sections of many supermarkets.

Page 66: To save time, use conveniently peeled and cubed **BUTTERNUT SQUASH**, available in many supermarkets in the fall and winter.

SOURCES

Pages 40-45: COOKIE DECORATING ITEMS: Kitchen Krafts (www.kitchenkrafts.com, 800-776-0575) has a wide array of cookie cutters, edible glitters, cookie stencils, dragees and sanding sugars. Similar items, as well as toasted coconut and cookie molds, stamps and cutters, can be found in The Baker's Catalogue of King Arthur Flour (www.bakerscatalogue.com, 800-827-6836).

Pages 46-51: KOREAN PRODUCTS can be found at: IKoreaPlaza, www.ikoreaplaza.com, (510) 238-8940; KGrocer, www.kgrocer.com; Amazon's Gourmet Foods, www.amazon.com.

SPECIAL THANKS

Pages 52-53: Lewis Creek Farm, Starksboro, Vermont, (802) 453-4591.

Pages 54-57: Melissa's, www.melissas.com, (800) 588-0151.

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