

Crushed Garlic

Crushed garlic is an important ingredient in grits, polenta, risotto, pasta sauces, and many other dishes. We use the sharp edges of salt crystals to crush the garlic rather than a mechanical garlic crusher. By using a salt/herb mixture to crush the garlic, you also season the dish you're preparing. An advantage of this method is that you'll never have to floss the garlic crusher again!

Tools

Heavy, stable cutting board

Wide-bladed knife, such as a Santoku. Use a cleaver if you're not highly coordinated.

Ingredients

3-4 cloves fresh garlic

½ teaspoon any Hey Bubba brand salt that strikes your fancy (approx.)

1 pinch Herbes de Bubba (optional)

Method

Put the garlic on the cutting board, cut off hard root ends of garlic cloves, and discard. Place the flat side of a wide-bladed knife on the garlic cloves. Carefully and lightly smack the flat side of the knife with the heel of your hand to release skins from garlic.

Remove garlic skins

Coarsely dice garlic

Sprinkle approx. ½ teaspoon of any Hey Bubba brand salt and a pinch of Herbes de Bubba on diced garlic cloves.

Grind salt and dried herbs into diced garlic cloves with flat side of wide-bladed knife until garlic is translucent, or desired texture is achieved.

Comments

Make this only as you need it. Adjust proportions for the number of garlic cloves required for the dish you're preparing.

If you notice any of your garlic cloves developing green shoots, plant them in your herb garden hard side down with the greens up and just at ground level. Harvest them after they go to seed (8-12 months) and hang to dry before using. Alternatively, if you like the flavor of garlic greens and you've already planted enough garlic in your garden, use the cloves with green shoots.

Hey Bubba™ Brand Gourmet Culinary Products

(866) 670-SALT (7258) P.O. Box 475 Mathews, Virginia 23109 www.HeyBubba.com

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