

# BLEU'S HOMEMADE OVEN ROASTED GARLIC HEADS

## **INGREDIENTS:**

- 6 OR MORE (FOR SURE, DO A MUFFIN TIN FULL) LARGE HEADS GARLIC. YOU CAN NOT HAVE TOO MUCH OF THIS MAGIC INGREDIENT ALWAYS AVAILABLE THAT IS READY TO USE. TRUST ME!
- FRESH EXTRA VIRGIN OLIVE OIL
- SHAVED HIMALAYAN OR SEA SALT
- FRESHLY GROUND PEPPER
- A PINCH OF SUGAR SPRINKLED ON TOP OF EACH CUT HEAD OF GARLIC BEFORE ROASTING

## **EQUIPMENT:**

- KNIFE
- PIE PAN OR CASSEROLE DISH THAT IS ADEQUATE TO ACCOMMODATE THE NUMBER OF GARLIC HEADS YOU ARE ROASTING. A MUFFIN PAN IS GREAT! SEE PICTURE AT END OF THIS RECIPE. FILL IT UP! I ALWAYS USE A MUFFIN PAN. 12 AT A TIME
- ALUMINUM FOIL
- STORAGE CONTAINER TO KEEP ALWAYS ON HAND







## **INSTRUCTIONS:**

- 1. HEAT THE OVEN TO 425°F. ARRANGE A RACK IN THE MIDDLE OF THE OVEN.**

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- 2. PEEL (MOST OF) THE PAPER OFF THE GARLIC. USE YOUR FINGERS TO PEEL AWAY ALL THE LOOSE, PAPERY, OUTER LAYERS AROUND THE HEAD OF GARLIC. LEAVE THE HEAD ITSELF INTACT WITH ALL THE CLOVES CONNECTED.**
- 3. TRIM THE TOP OFF THE TOP HEAD OF GARLIC. TRIM ABOUT 1 / 4 INCH OFF THE TOP OF THE HEAD OF GARLIC TO EXPOSE THE TOPS OF THE GARLIC CLOVES IN EACH WHOLE HEAD OF GARLIC. IF YOU MISSED A FEW CLOVES, DO NOT CUT MORE OFF THE ENTIRE HEAD, TAKE A PARING OR POCKETKNIFE, AND CUT THE ONES YOU MISSED INSTEAD OF CUTTING MORE OFF THE ENTIRE HEAD.**
- 4. PLACE THE GARLIC HEADS IN A PAN OR CASSEROLE DISH LARGE ENOUGH NOT TO CROWD THE GARLIC, THIS WILL ALLOW THE GARLIC TO BAKE, NOT STEAM.**
- 5. DRIZZLE WITH OLIVE OIL. DRIZZLE 1 TO 2 TEASPOONS OLIVE OIL OVER THE EXPOSED SURFACE OF EACH GARLIC HEAD, LETTING THE OIL SINK DOWN INTO THE CLOVES.**

**6. SPRINKLE WITH SALT, PEPPER, AND A PINCH OF SUGAR ON EACH HEAD OF GARLIC**

**7. WRAP WHATEVER CONTAINER YOU HAVE CHOSEN IN ALUMINUM FOIL TIGHTLY AND BAKE (2 SHEETS OF FOIL). AFTER YOU HAVE TIGHTLY WRAPPED THE GARLIC IN ALUMINUM FOIL, ROAST IN THE MIDDLE OVEN RACK OF THE OVEN FOR 1 HOUR (DEPENDING ON YOUR OVEN, MAYBE LONGER).**

**8. BEGIN CHECKING THE GARLIC. AFTER 50 MINUTES, BEGIN CHECKING THE GARLIC. THE GARLIC IS DONE WHEN A CENTER CLOVE IS COMPLETELY SOFT WHEN PIERCED WITH A PARING KNIFE. REMOVE THE FOIL AND PLACE BACK IN THE OVEN AND CONTINUE ROASTING UNTIL DEEPLY GOLDEN FOR A MORE CARAMELIZED FLAVOR. CHECK THE GARLIC EVERY 10 MINUTES UNTIL THE GARLIC HAS GOTTEN DEEP GOLDEN IN COLOR. EXACT ROASTING TIME WILL DEPEND ON THE SIZE OF YOUR GARLIC, THE VARIETY, AND ITS AGE AND YOUR OVEN. OF COURSE, GAS IS ALWAYS BETTER IN MY OPINION. HOW MANY ELECTRIC STOVES HAVE YOU EVER SEEN IN A PROFESSIONAL KITCHEN? NONE!**

**9. USE OR STORE THE GARLIC. LET THE GARLIC COOL SLIGHTLY, AND THEN SERVE. PRESS ON THE BOTTOM OF A CLOVE TO PUSH IT OUT OF ITS PAPER. EACH CLOVE WILL POP OUT EASILY. ROASTED GARLIC CAN ALSO BE REFRIGERATED FOR UP TO 2 WEEKS OR FROZEN FOR UP TO 3 MONTHS.**



**THIS IS A MUST HAVE INGREDIENT TO ALWAYS HAVE ON HAND. I PROMISE, THIS VERSION OF GARLIC WILL BECOME YOUR GO TO INGREDIENT. THE PICTURE FOLLOWING IS AFTER CUTTING THE GARLIC TOPS OFF AND GETTING RID OF ALL THE SKIN YOU CAN BUT BEFORE I ADD THE SALT, PEPPER, AND SUGAR.**



**I KNOW YOU WILL ENJOY THIS RECIPE AND IT WILL BECOME A STAPLE FOR YOUR FUTURE COOKING TO REPLACE MANY OTHER GARLIC TYPES IN MANY OF YOUR LOVED RECIPES. USE AT LEAST 2-3 ROASTED GARLIC CLOVES FOR EACH 1 CLOVE OF FRESH GARLIC YOU WOULD HAVE USED IN YOUR RECIPE. YOU CAN ALSO JUST EAT THEM BY THEMSELVES AS A SNACK.**

**PLEASE ENJOY, BLEU**