

Garlic Infused Olive Oil

WHAT YOU NEED

- 1 cup extra virgin olive oil
- 4-5 cloves of garlic, peeled and sliced
- A small saucepan



WHAT TO DO

1. Prepare the Garlic: Peel and slice the garlic cloves. You can adjust the amount of garlic based on your preference for the intensity of garlic flavour.
2. Heat the Olive Oil: Pour the olive oil into a small saucepan and heat it over low heat. You want to gently warm the oil, not bring it to a boil. Heating the oil allows the garlic flavour to infuse more effectively.
3. Add the Garlic: Once the oil is warm, add the sliced garlic cloves to the saucepan. Stir gently to ensure that the garlic is evenly distributed in the oil.
4. Simmer Gently: Keep the heat on low and let the garlic infuse in the oil for about 5-10 minutes. You'll notice the garlic becoming fragrant, but be careful not to let it brown or burn, as this can make the oil bitter.
5. Cool and Strain: Remove the saucepan from the heat and allow the oil to cool to room temperature. Once cooled, strain the oil through a fine-mesh sieve or cheesecloth into a clean glass jar or bottle. This will remove the garlic pieces and leave you with the garlic-infused olive oil.
6. Store Properly: Seal the jar or bottle tightly and store it in a cool, dark place. Your garlic-infused olive oil can be used for cooking, drizzling over salads, or as a flavourful dipping oil for bread.

Remember that homemade infused oils should be used within a reasonable time frame to ensure freshness and prevent any potential issues with bacterial growth. Enjoy your homemade garlic-infused olive oil in your culinary creations!