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Slow-Cooked Garlic Confit

"Confit" is food that has been preserved in fat, and when this method is applied to garlic cloves, the flavor becomes concentrated, it brings out the natural sweetness, and tames the strong bite. Add to soups, stews, vinaigrettes, marinades, mashed potatoes, roasted vegetables, or spread on [crostin!](#)



- 2 heads of peeled garlic cloves
- 2/3 cup olive oil
- 1/2 teaspoon salt
- 1/8 teaspoon red pepper flakes (Optional)

Preheat the oven to 250 degrees F. Add everything into a small 2-cup baking dish or large ramekin. Cover dish with foil. Bake in the oven until garlic cloves are soft and just starting to brown around the edges, 1 1/2 to 2 hours. Do not overcook, as garlic will become bitter. Transfer garlic cloves to a clean jar. Cover lightly with oil. Seal lid and refrigerate; use within 1 week or freeze.