



# FERMENTED HONEY GARLIC

**Garlic and honey are a powerhouse for fighting infections and supporting the immune system over the winter months.** Honey for its antibacterial properties and garlic for the medicinal component, allicin.

Fermenting the two ingredients not only creates a beneficial bacteria, it also makes their medicinal properties more bioavailable and powerful.

It is really important that you use quality ingredients, organic or spray free is best. Garlic from overseas will have been gassed before arrival in Australia so it's best to avoid.

## Ingredients

- About 12-15 spray free garlic cloves (Usually one large bulb)
- 1.5 cups of local raw honey

## **Method**

1. Pull garlic bulb apart and peel each clove. (Trick - Soak separated cloves in a bowl of filtered water for a few hours so the skin peels off easier)
2. Get a nice clean jar and lid that seals nicely.
3. Place garlic on a chopping board and gently bruise each clove with the side of a knife - be careful. This helps to release the allicin. Place garlic in jar.
4. Pour the honey over the garlic, stir and then place the lid on.
5. Leave out of sunlight on the kitchen bench.
6. Open Jar every day for a few days to release gas. Then open every few days for a week. You'll notice tiny bubbles starting to form. This means your honey garlic is fermenting.
7. The liquid starts to get quite runny. You can start to use it after about 7-10days.
8. You can leave out on you bench for up to 6 months.
9. Use in salad dressings, brush onto chicken, in stirfrys or have honey off the teaspoon or eat a whole garlic clove - or chop to use in cooking.