

# Honey Garlic



## Ingredients

- Raw Honey (preferably local), pasturised honey will not work.
- Organic Garlic, as much as you want, and feel like peeling.
- Swing top, FIDO jar to fit your volume of garlic

## Procedure

- Peel your garlic and place into your clean jar.
- Cover all the garlic cloves with honey, leaving a 2cm gap for expansion at the top of the jar.
- Put the lid on and place on your bench.
- For the first 2 weeks turn your jar daily to awaken the yeasts and make sure the garlic is continually smothered in honey.
- Your ferment will start to produce bubbles and will be really fizzy for the first 2 weeks but will settle.
- You need to wait 2-3 months for your garlic to full develop, darken and almost caramelize.
- Use the honey for a cold fighting elixir by taking 1-2 tsp at a time, straight or in warm water or add both the garlic and honey to dishes for an amazing flavour.