

FERMENTED GARLIC AND HONEY



Ingredients:

- Organic garlic
- Organic Honey – or local honey

Fermented garlic with honey preparation

Peel garlic cloves and place in a jar. You can use any size jar depending on how much you want to make. Fill the jar with garlic 3/4 of the way to the top. Pour honey over the garlic until it just covers the garlic. Mix the honey into the garlic until it covers it. The honey will get thinner over time. Cover with a secure lid.

Place in a cool dark place and turn or shake daily to make sure garlic is coated with the honey. This will help prevent the growth of Kahm yeast. This is a white layer that can appear on the food or on the top of the liquid. Kahm yeast is harmless but can make the garlic taste “off”. Let it ferment for 2 weeks, then it’ll be ready to eat!

You can leave it for up to a year on your counter or in a cabinet and the garlic will change colour and lose some of its spiciness. It will actually have a wonderful flavour that can taste like candy!

See more fermentation recipes [here](#).

Recipe by Donna Schwenk, culturedfoodlife.com.

Products used to prepare this recipe:



[Veggie Fermenter](#)

[Buy on Kefirko.com](http://Kefirko.com)