



## Garlic Confit

Serves:	Prep Time:	Cooking Time:	Calories:	Skill Level:
1 Cup	10 MIN	60 MIN		10

Garlic confit is a luxurious preparation where garlic cloves are slowly cooked in oil until they become incredibly soft, sweet, and spreadable. This gentle cooking method removes the sharpness of raw garlic and transforms it into a rich, mellow ingredient. Garlic confit is widely used in gourmet cooking and can elevate simple dishes with its deep flavor. Both the softened garlic cloves and the infused oil can be used in a variety of recipes.

### Ingredients

- 1 cup garlic cloves (peeled)
- 1 to 1½ cups olive oil (enough to fully submerge garlic)
- 1-2 sprigs fresh thyme (optional)
- Pinch of salt

### Recipe Summary

- Prep Time: 10 minutes
- Cook Time: 45-60 minutes

- Total Time: 55-70 minutes
- Servings: ~1 cup
- Course: Basic / Ingredient
- Cuisine: French-inspired

## Cooking Method

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### Instructions

1. Preheat oven to **250°F (120°C)**.
2. Place peeled garlic cloves in a small baking dish.
3. Pour olive oil over the garlic until fully submerged.
4. Add thyme and a pinch of salt if using.
5. Bake uncovered for **45-60 minutes** until garlic is soft but not browned.
6. Let cool completely.
7. Transfer garlic and oil to a clean jar for storage.

### Cooking Tips

- Keep temperature low to avoid browning

- Ensure garlic is fully submerged in oil
- Use fresh garlic for best flavor

## Variations

- Add rosemary or bay leaves
- Use neutral oil instead of olive oil
- Add chili flakes for mild heat
- Infuse with lemon peel for brightness

## What to Use Garlic Confit For

- Spread on bread
- Pasta and sauces
- Mashed potatoes
- Salad dressings
- Roasted vegetables

## Storage

Store in an airtight container in the refrigerator for up to **2 weeks**.

⚠ Keep garlic fully submerged in oil for safety.

## **Reheating**

Not required. Bring to room temperature before use.

## **Frequently Asked Questions**

### **Is garlic confit safe to store?**

Yes, if refrigerated and fully covered in oil.

### **Why cook garlic slowly?**

Low heat prevents burning and keeps flavor mild.

### **Can I use the oil?**

Yes, it becomes infused and very flavorful.

### **Recipe Author**

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