

Fermented Garlic in Honey Recipe

Ingredients

- 1 cup raw honey (unpasteurized, local if possible)
- 8–10 heads of fresh garlic (peeled cloves)
- A clean glass jar with lid (pint or quart size)

Instructions

1. Prepare the garlic:
 - Peel your garlic cloves (smash lightly with the flat side of a knife to loosen skins).
 - Roughly chop the garlic to release the allicin.
2. Add to the jar:
 - Place peeled cloves into your clean glass jar, filling about $\frac{1}{3}$ to $\frac{1}{2}$ of the jar.
3. Pour in honey:
 - Cover the garlic completely with raw honey, leaving about 1–2 inches of space at the top of the jar.
 - Use a clean spoon to stir and coat the garlic.
4. Start fermentation:
 - Loosely cap the jar (fermentation produces gas, so you don't want it airtight).
 - Place the jar in a cool, dark spot at room temperature.
5. Care & patience:
 - For the first week, open the lid daily to “burp” the jar (release built-up gas) and stir gently if needed.
 - After a few days, you'll see tiny bubbles form — a sign fermentation is happening.
 - Over time, the garlic may sink and the honey will become thinner.
6. Fermentation time:
 - Let it ferment for at least 3–4 weeks.
 - Flavor improves with time — many people let it go for 1–3 months before regular use.

Storage & Use

- Store at room temperature, out of direct sunlight.
- Garlic cloves become sweet and mellow; honey becomes infused and garlicky.
- Enjoy a spoonful of honey, or eat a clove when feeling run down.
- Use in marinades, teas, or as a daily wellness tonic.

Safety Notes

- Always use raw honey (pasteurized honey won't ferment properly).
- If you see mold (rare), discard immediately.
- Not for children under 1 year (due to honey).

