

## Easy fermented honey & garlic

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Get your head around fermenting with this simple step-by-step recipe by fermented foods expert and gut-health extraordinaire, Sharon Flynn.

Simple ferments that can stay on the shelf to pull from whenever I'd like are my favourite kind, and honey ferments are exactly that. Every workshop we do always ends with me talking about the magic of honey, even though we never plan it that way. People are drawn to the gorgeous jars of honey and bottles of mead on the shelves and never fail to ask about them.

It's important to use raw honey – look for this on the label or buy from a local beekeeper. Raw honey is precious and can be rather expensive, but small items like garlic don't require too much. This recipe is so easy but you'll treasure it.

Take garlic-fermented honey as a syrup with some nigella like a medicine, or add it to a hot drink. Use the garlic in your cooking or eat one raw to fight colds – it's great for sore throats!

**Fermentation time: 7+ days**

### Equipment

- 750 ml jar with a lid
- A weight

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## Ingredients

- Garlic, enough to fill the jar  $\frac{3}{4}$  full
- 1 tbsp nigella seeds (optional)
- Raw honey, enough to cover the garlic

## Method

Fill the jar three-quarters full with peeled garlic and, if using, sprinkle in the nigella seeds.

Pour the honey over the garlic carefully, waiting for it to settle before pouring some more. Move the garlic around with a chopstick, making sure the honey fills every hole.

Weigh the garlic down with something like a glass disc, as it's better to keep the garlic under the honey.

Seal with an air-lock system or, if using a normal lid seal, be sure to check on it every 24 hours to release the gas – the ferment can get quite fizzy.

Garlic tends to rise, so you'll need to push it back down under the honey again. As the honey becomes more liquid it will be easier to push the garlic down.

Leave for a week or so. The honey takes on an amazing flavour and can be used straight away if you wish – any way you'd like.

**Note:** The garlic cloves may take a while longer before they impress you with their development. However, this honeyed and fermented garlic is divine.

Find more simple fermenting techniques and recipes in the June issue of *nourish* magazine!

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