

# Clay Vessel for Making Garlic Confit



## The vessel's advantages:

- ◆ The clay stores the heat and spreads it evenly and gradually in the vessel, so the garlic does not burn and preserves the nutritional values so they won't evaporate.
- ◆ The closed container blocks the moisture inside it and cooks the garlic with its own natural juices.

In this cooking method, after about 40 minutes you will get garlic that will be soft and with a sweet taste, a kind of healthy garlic candy, without the strong taste of fresh garlic.

You can eat them as snacks, or make a garlic spread:

After the garlic is ready, remove it from the oil, puree it you'll get: garlic spread!

You can use the oil as a dressing for salad, especially after it has received aroma and new flavors of garlic and spices.



## Additional used:

You can use the vessel to male antipasti, and for cooking root vegetables – onion, potato, sweet potato, zucchini, pepper or any other creative idea.

The confit vessel can also be used as a storage tank or as a serving vessel.

## The advantages of the garlic:

Slows aging processes. Treats chronic diseases. Considered as a natural antibiotic and prevents viral and infectious diseases. Effective for the treatment of fungal infections. Lowering cholesterol and lipids in the blood. Contributes to digestive health. Effective in the treatment of cough and colds.



### Easy & Quick Recipe

Just put in the pot a few whole garlic cloves, put in oven in 200°C for 30-40 minutes get the pot out, halve the garlic and eat with a spoon.

This method can be used to make any other root vegetable too.

### Garlic Confit/Garlic Spread Recipe

1. Peel some garlic cloves and put in the pot. It is best until the pot is half full.
2. Add olive oil until the garlic is covered.
3. Add half a tablespoon of Atlantic or Himalaya salt. you can also add: 1 tbsp of honey, rosemary spring, thyme or sage, hot chili pepper.
4. Put in the oven in 200°C for 30 minutes, or until the garlic is soft and has not browned yet.
5. After the confit is ready, transfer the garlic into a jar with a spoon. Store in the fridge.
6. Be careful with the pot – it contains the heat for a long time, even after you take it of the oven.

### How do you eat it?

- Add to variety of vesseles, pasta sauces and soups. Especially tasty potatoes with mashed potatoes!
- Make a spread for a sandwich – puree the garlic. You can add cream cheese.
- Make a bruschetta – spread the confit on a toasted piece of bread, put mozzarella and a tomato on top and broil.
- Make garlic bread for salad – add seasonings to melted butter, mayonnaise or olive oil, brush a piece of baguette and bake.
- You can use it to season roasted eggplants.

### Instructions and Safety Rules:

Clay vesseles do not get worn out or destroyed as time passes, vice versa: they are meant to be used over and over again for years and even absorb your own taste signature, but it is best to keep up with a few rules:

#### ◆ It is important to prevent the vessel from extreme temperature changes

You must let the vessel cool down and not at once.

After taking it out from the hot oven you need to be careful and to not place it on wet or cold surfaces.

It is recommended to let the vessel cool down before washing it.

Never put the vessel in the oven.

Do not let the vessel come in contact with external water while being hot.

#### ◆ Cleaning: scrub the vessel with a cloth, no need to do more than that.

For deep cleaning: scrub the vessel with a brush or with a sponge, but do not use soap. It is best to use warm water only.

For thorough cleaning: soak in warm water for an hour and clean.

#### ◆ As time passes, the vessel absorbs the color and the taste of the spices.

#### ◆ If you find a crack, it is recommended to stop and not use the vessel anymore.

The crack might expand and brake the vessel, and the clay pieces might be very sharp.

