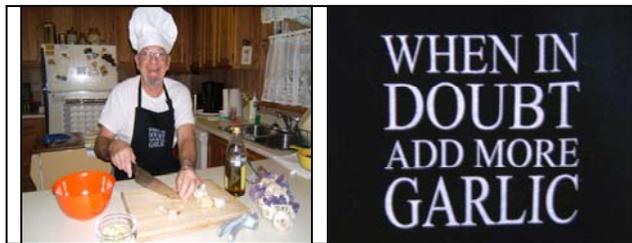


The best garlic recipes & ideas - - - - Garlic Soup & Pie for Cool Spring Days



The GarlicGuru takes over Mary Lou's kitchen, at some risk!

Shepherd's Pie With Garlic Mashed Potato Crust

(From the 4th edition cookbook, 1996, Sudbury Garlic Festival, credit to Helen Sutton). Bob & Pat Brown of Manitoulin Island picked up a copy of this cookbook in Sudbury over Christmas and sent this recipe they picked from it.

Ingredients: Pie

1 1/2 lbs. lean grd. beef
1/2 lb. hot Italian sausage,
casings removed
1 med. onion, chopped
3 garlic cloves, chopped **
1 large carrot, diced
1 large parsnip, peeled & diced
1 tsp. minced fresh rosemary
3/4 tsp. turmeric
1/4 tsp. ground cinnamon
1 cup canned beef broth
1 tbsp all-purpose flour
salt and pepper to taste

** Editor's note: See picture at top of page!

Method: Pie

Heat large skillet over med heat. Add ground beef and sausage. Sauté until cooked through, breaking up meats with spoon, about 12 min. drain off all but 2 tbsp. of fat.

Add chopped carrots, parsnips, garlic, rosemary, onions, turmeric and cinnamon. Cook 5 mins.

Add canned beef broth. Cover and simmer until veg. are tender, about 15 mins. Uncover and simmer until juices have evaporated somewhat, but filling is still moist, about 2 mins. Mix in 1 tbsp. flour. Transfer filling to 9 in. square casserole dish with 2 in. high sides.

Method: Crust and Bake

Preheat oven to 400F.

Boil potatoes in salted water until tender. Sauté garlic in butter until tender (not brown) 3 mins.

Drain potatoes. Add 1/2 & 1/2 cream and garlic mixture.

Beat until creamy. Season with salt and pepper. Spoon over meat filling, spreading to edges to seal. Bake until golden, about 20 mins. Enjoy!

Food is the most primitive form of comfort.

Winter Lentil & Garlic Soup - - - - by the Garlic Guru in Mary Lou's kitchen

Over the winter, I tried out soup recipes using dried peas, beans and lentils with garlic. This one started as a book recipe but I adjusted and changed ingredients until it came out superb. Perfect for those cold days of autumn, winter and spring.

Ingredients:

8 oz. dry lentils	3/4 cup finely chopped celery
4 cups water	1 tsp dried marjoram
1 onion, chopped	1 tsp dried basil
3 potatoes, peeled & cubed	1 bay leaf
3 carrots, finely sliced	1 1/2 cups chopped tomatoes
8 large garlic cloves, salt & pepper to taste	
finely minced	lime juice (optional)

Method:

Rinse lentils. Put in a 6-quart pot with the water, onions, potatoes, carrots and seasonings. Bring to a boil, let simmer, covered, until the vegetables are tender and the lentils very soft. Add tomatoes and simmer for about 15 minutes more.

Salt & pepper to taste. If needed, thin with tomato juice. Serve hot with a thick slice of garlic bread. Add a dash of lime juice to add some zing.

Garlic Soup the Latin Way

Garlic soup is very common in Europe and there are as many variations of it as there are cooks. The quantity of garlic varies according to taste, and other ingredients can be added. The basic recipe starts with potatoes, lots of garlic, onions, pure water and your favourite herbs.

Try this:

4 med potatoes, cubed (organic do not have to be peeled)
4 cups water
4 medium onions, peeled and chopped
4-10 cloves of garlic, peeled and chopped
olive oil, culinary herbs as desired

Method:

Boil cubed potatoes for 10 minutes. Chop onions and fry in a little olive oil; add garlic and herbs and fry for another minute. Add to potatoes, blend in a food processor and bring back to boiling. Season to taste. Serve hot.

Flavour Change in Garlic

Garlic changes in flavour depending on how you prepare it. Try these different ways:

Raw garlic – the strongest flavour

Roasted garlic – the mildest, nutty flavour

Whole cloves - mild flavour

Sliced cloves - mild flavour

Chopped cloves – medium flavour

Crushed or pressed cloves – strong flavour

Crushed, covered in olive oil and heated to almost boiling – my favourite way to bring out the full, mellow taste.

Never overcook garlic or you lose its food value!