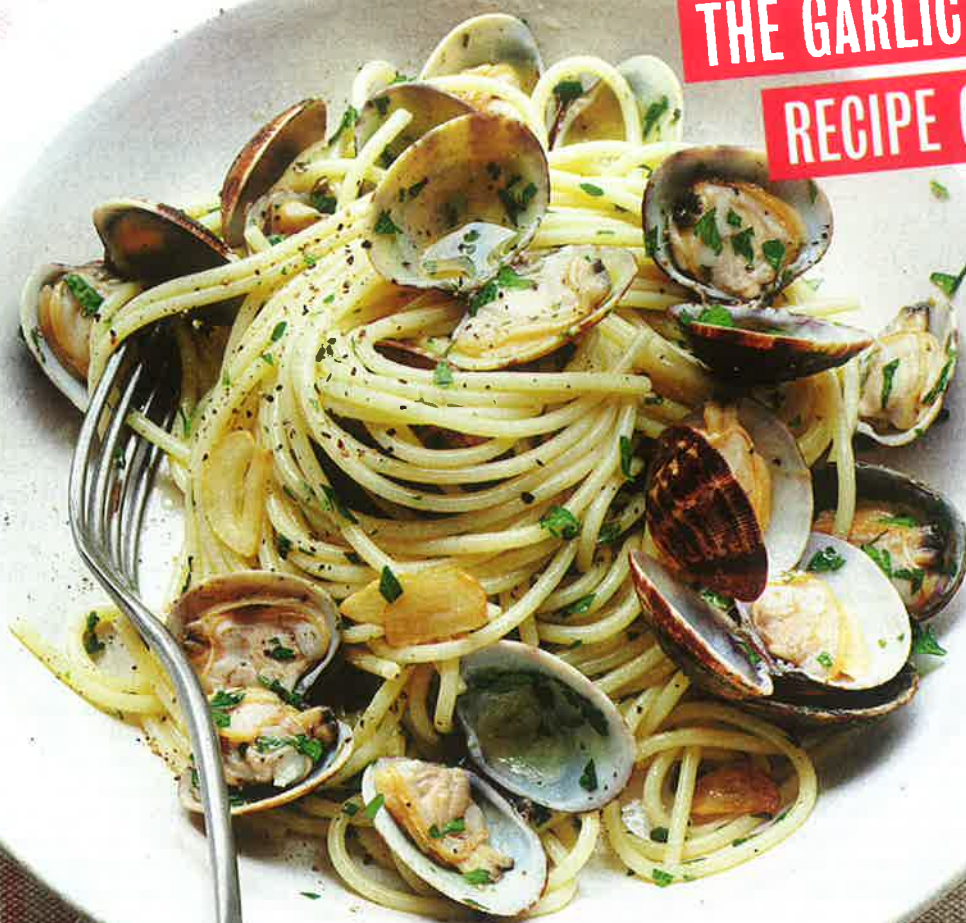


THE TIMES Eat!

PULL OUT
AND KEEP

THE GARLIC LOVER'S
RECIPE GUIDE



EASY

RECIPES Jenny Linford
PHOTOGRAPHS Clare Winfield FOOD STYLING Rachael Wood

Spaghetti
alle vongole,
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ITALIAN SAUSAGES WITH GARLIC LENTILS

Serves 4

- 400g castelluccio or puy lentils, rinsed
- 1 carrot, finely diced
- 300ml red wine
- 3 garlic cloves, peeled and left whole
- 1 fresh bay leaf
- 3 fresh sage leaves
- Salt
- ½ tbsp vegetable oil
- 8 italian sausages
(or good-quality meaty sausages)
- 3 tbsp extra virgin olive oil
- 4 tbsp freshly chopped parsley

1 Preheat the oven to 200C/Gas 6. Place a roasting pan in the oven to preheat.
2 Place the lentils and carrot in a large saucepan. Add the red wine, garlic, bay leaf, sage and 1 litre water. Bring to the boil, then reduce the heat and simmer for 20-25 minutes until the lentils are tender but retain some texture. Add salt to the lentils to season, then drain.
3 While the lentils are cooking, heat the vegetable oil in a large frying pan or skillet. Add the sausages and brown quickly on all sides. Transfer to the preheated roasting pan and bake in the oven for 20-25 minutes until cooked through.
4 Pick out and discard the bay leaf and sage leaves from the lentils.
5 Mash the garlic cloves. Toss the cooked lentils with the garlic, olive oil and parsley. Top with the sausages and serve at once.



GARLIC AND ALMOND PURPLE SPROUTING BROCCOLI

Serves 4

- 300g purple sprouting broccoli, chopped into 2.5cm lengths, or broccoli florets
- 25g flaked almonds
- 2 tbsp olive oil
- 1 large garlic clove, roughly chopped
- Freshly ground black pepper

1 Bring a large pan of salted water to the boil. Add the broccoli and cook for 2 minutes, then drain thoroughly and refresh in cold water to stop the cooking process.
2 Dry-fry the almonds in a frying pan, stirring often, until golden brown; set aside.
3 Heat the olive oil in a large frying pan. Add the garlic and fry until golden and fragrant. Add the drained broccoli and fry briefly for 2 minutes, stirring to coat it in the oil. Add the almonds, season with freshly ground black pepper and serve at once.



CIDER AND GARLIC ROAST PORK BELLY

Serves 8

- 2kg pork belly on the bone, skin scored
- Salt and freshly ground black pepper
- 6 garlic cloves, 4 left whole and 2 crushed
- 1 tbsp finely chopped fresh thyme
- 2 large carrots, halved lengthways and chopped
- 1 onion, cut into chunks
- 500ml dry cider
- 300ml apple juice
- 8 pitted prunes
- 8 black garlic cloves
- Knob of butter, for frying

1 Bring the pork belly to room temperature and pat it dry with paper towels. Preheat the oven to 220C/Gas 7.
2 Season the pork with salt and pepper, rubbing the salt generously into the skin. Mix together the crushed garlic and thyme into a paste. Rub the paste over the pork flesh.
3 Put the carrot, onion and whole garlic cloves in a roasting pan, then top with the seasoned pork belly so it rests on the vegetables. Pour the cider into the roasting pan. Roast the pork for 30 minutes, then reduce the heat to 180C/Gas 4 and roast for a further 2 hours, adding the apple juice to the roasting pan halfway through the cooking time.
4 Leave the pork to rest in a warm place. Blend the roast vegetables, garlic and cider mixture until smooth to form a gravy. Season with salt and pepper. Fill each of the pitted prunes with a whole black garlic clove. Heat the butter in a small frying pan and fry the prunes briefly to heat through.
5 Serve the roast pork with the cider gravy and black garlic prunes.

SPANISH GARLIC PRAWNS

Serves 4 as a tapas dish

- 4 tbsp olive oil
- 2 garlic cloves, chopped
- 2 small dried red chillies, crumbled
- 450g raw prawns, peeled, deveined, rinsed and dried
- Sea salt
- 1 tsp sweet smoked paprika
- 1 tbsp chopped fresh parsley
- Crusty bread, to serve

1 Heat the olive oil in a heavy-based frying pan. Add the garlic and fry briefly, stirring, until fragrant. Add the chillies, mixing them in well, then add the prawns.

2 Fry the prawns briefly, stirring, until they turn opaque and pink on both sides. Take care not to overcook them or they will dry out and become tough.

3 Season with salt, then stir in the paprika. Sprinkle with parsley and serve at once with lightly grilled crusty bread. ➔

VERY EASY

CHICKEN WITH 40 CLOVES OF GARLIC

Serves 6

- 1.8kg chicken
- Salt and freshly ground black pepper
- 25g butter
- 1 tbsp olive oil
- 40 garlic cloves, separated but unpeeled
- 100ml vermouth or dry white wine
- Juice of half a lemon
- 200ml chicken stock
- Handful of fresh tarragon sprigs

1 Preheat the oven to 180C/Gas 4. Season the chicken with salt and black pepper. Heat the butter and oil in a large frying pan. Add the chicken and brown on all sides. Reserve the pan juices.

2 Meanwhile, heat a casserole dish that's large enough to hold the chicken on the stove top. Transfer the browned chicken to the dish. Tuck some of the garlic cloves into the cavity, sprinkle the rest around the chicken. Pour over the vermouth or wine. Allow to sizzle briefly, then pour in the juices from the frying pan, lemon juice and stock. Add the tarragon, placing a few sprigs inside the cavity.

3 Bring to the boil on the hob. Cover with the lid and transfer to the oven. Bake, covered, for about 1½ hours until the chicken is cooked through.

4 Transfer the chicken and garlic cloves to a serving dish. Use the juices as gravy, skimming off any excess fat. ➔

VERY
EASY



MEDITERRANEAN GARLICKY FISH STEW

Serves 4

- 2 tbsp olive oil
- 2 shallots, finely chopped
- 1 celery stalk, finely chopped
- 2 garlic cloves, chopped
- 2 bay leaves
- 5 sprigs of thyme
- ½ tsp fennel seeds
- 50ml Pernod or dry white wine
- 1 x 400g can chopped tomatoes
- 50ml freshly squeezed orange juice
- 1 tsp grated orange zest
- A pinch of saffron strands, finely ground and soaked in 1 tbsp hot water
- A pinch of chilli powder or dried chilli flakes
- 500ml fish stock
- Salt and freshly ground black pepper
- A handful of freshly chopped parsley, plus extra to serve
- 500g fish fillet, skinned and chopped into chunks
- 200g raw prawns, peeled, heads removed and deveined
- 150g squid rings

1 Heat the olive oil in a deep sauté pan. Add the shallots and fry gently, stirring often, until softened and lightly browned. Add the celery, garlic, bay leaves, thyme and fennel seeds and fry, stirring continuously, for about 2 minutes until fragrant. 2 Pour in the Pernod or white wine and fry, stirring, until the liquid is largely reduced. Mix in

the chopped tomatoes and cook, stirring often, until thickened and reduced. Stir in the orange juice and zest, saffron and soaking water and chilli powder or flakes. Add the fish stock. Taste and season with salt and pepper accordingly. Mix in the parsley. 3 Bring to the boil and cook for about 5 minutes. Add the fish, prawns and squid rings and simmer until they are just cooked through – this will take only a matter of minutes. Garnish with parsley and serve at once. ➔



ROAST GARLIC BEETROOT SOUP

Serves 4

- 2 garlic cloves, unpeeled
- 500g raw beetroot
- 1 tbsp olive oil
- Half an onion, finely chopped
- A splash of red wine (optional)
- 600ml fresh chicken or vegetable stock
- Salt and freshly ground black pepper
- Crème fraîche or sour cream, to serve
- Chopped tarragon, to serve

1 Preheat the oven to 200C/Gas 6. Cut the tip off each unpeeled garlic clove, to just expose the clove inside. Wrap the garlic and beetroot together in foil, sealing well. Place on a baking sheet and bake in the oven for 1 hour.

2 Unwrap and set aside to cool. Peel the beetroot and roughly chop. Squeeze the garlic cloves out of their skins and mash them.

3 Heat the oil in a large saucepan set over a low heat. Add the onion and fry gently until softened. Add the chopped beetroot, mashed garlic and a splash of red wine, if using. Cook for 2 minutes, then pour in the stock. Bring to the boil, cover, reduce the heat and simmer for 30 minutes.

4 Leave to cool a little, then blend until smooth using a stick blender. Season with salt and freshly ground black pepper, to taste, then gently heat through. To serve, pour the soup into bowls and garnish with a swirl of crème fraîche or sour cream and chopped tarragon.



FETTUNTA

Makes 4 slices

- 4 thick slices of rustic bread
- 1 garlic clove, peeled
- 4 tbsp extra virgin olive oil
- Sea salt (optional)

Preheat a griddle pan until hot. Griddle the bread for 2-3 minutes on each side until striped. If you don't have a griddle pan, toast under a grill until golden on each side. Immediately rub one side with the garlic clove. Pour 1 tbsp olive oil over each slice. Sprinkle with salt, if using, and serve.

SPAGHETTI ALLE VONGOLE

Serves 4 (page 35)

- 400g spaghetti
- 6 tbsp olive oil
- 3 garlic cloves, finely sliced lengthways
- 1kg fresh clams, rinsed under running water, open ones discarded
- 6 tbsp finely chopped fresh parsley
- 100ml dry white wine
- Freshly ground black pepper

1 Cook the spaghetti in a large pan of salted water until al dente, then drain.

2 Meanwhile, heat the olive oil in a large saucepan. Add the garlic and fry gently until just golden, stirring often. Take care not to burn it. Add the clams, 2 tbsp chopped parsley and the wine. Cover and cook for a few minutes until the clams have opened. Discard any that remain closed. Season with pepper.

3 Toss together the spaghetti, clams and remaining parsley, adding just enough of the clam cooking liquor to moisten the spaghetti. Serve at once.



GARLICKY GOOSE FAT ROAST POTATOES

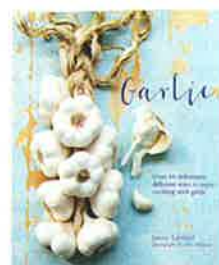
Serves 4 as a side dish

- 1 tbsp goose fat
- 700g roasting potatoes, peeled and cut into large, even chunks
- 8 garlic cloves, unpeeled
- Sea salt flakes

1 Preheat the oven to 220C/Gas 7. Place the goose fat in a roasting pan and place in the oven while it heats up.

2 Bring a large pan of salted water to the boil. Add the potatoes and cook for 10 minutes to par-boil them. Drain, return them to the pan and shake to roughen their surface.

3 Add the par-boiled potatoes to the hot goose fat in the roasting pan, shaking to coat them well. Sprinkle in the garlic cloves and season with sea salt flakes. Roast for 30-40 minutes, turning now and then, so the potatoes brown on all sides, until golden. Serve at once. ■



Extracted from **Garlic** by Jenny Linford, published by Ryland Peters & Small. Buy from the Times Bookshop for £13.49 (RRP £14.99), free p&p, on 0845 2712134; timesbooks.co.uk