

# Fermented Garlic

## Ingredients

4 cups - Distilled Water (perfectly clean with no added chemicals or heavy metals)  
3 TB fine pure sea salt or 4 1/2 TB course sea salt  
Garlic - however may will fit in your container  
Glass container with a tight fitting lid  
Plastic bag  
Mixing Spoon or wisk

## Step 1 Sterilize

Put a large pot of water on the stove, cover and bring to a boil.  
Add your glass jar and lid, as well as a metal spoon or wisk for stirring the salt water  
Boil for a minute or so  
Remove and allow to cool on the counter

## Step 2 Mix Up the Brine

Put about a cup of distilled water into the sterile container  
Put in the microwave for 30-40 seconds to warm it  
Mix warm water and sea salt with the sterile spoon until sea salt dissolves (20-40 seconds)  
Add the rest of the distilled water and set aside to cool to room temperature

## Step 3 Garlic Peeling

Using your palm smash the garlic head to break apart the little cloves.  
Put the garlic cloves into a bowl and cover with another bowl. It works well if you trim the root base from the bottom of each clove first.  
Shake the DAYLIGHTS out of the bowl. If you are using a metal bowl the dull thuds will turn to sharp pings when the cloves are ready.  
Remove the top bowl and separate your cloves from the husks.  
Trim off any brown spots from the cloves.  
Add the peeled garlic to the room temp brine.  
I chopped up some onions and threw them in too. I'm not sure how that will taste, but onions are a fantastic probiotic food...I'll update in a few weeks when I try it!!

## Step 4 Final Step

Put water in the plastic bag - just enough to be heavy and hold the garlic down under the brine.  
Push bag into container so it holds the garlic under.  
Seal lid tight.  
Label and date the container.  
Place in a cool dark place to ferment for 4 weeks. Check in two weeks and begin taste testing.  
Put in fridge when it reaches your liking.  
Covered refrigerated garlic will keep indefinitely.

ENJOY!