

Garlic Fest 2024 Recipes

10:30am: Catalan Cream of Garlic Soup - Sopa Crema de Ajo Catalana

Recipe by Nettie Colón, Red Hen Gastrolab

Serves 6

2 tablespoons olive oil
2 tablespoons butter
1 pound onions, chopped
1 pound cauliflower, cut into pieces (or potatoes, if desired)
2 cups garlic cloves, peeled and chopped
2 quarts vegetable stock or pipe stock (or chicken stock, if desired)
¼ pound bread, cut into chunks (remove crust, if desired, or if crust is dark in color)
9 sprigs fresh thyme
1 bay leaf
½ teaspoon salt
2 cups cream
¼ teaspoon black pepper, fresh ground (or white pepper, if desired)
garnish: garlic olive oil smoked paprika breadcrumbs (breadcrumbs sautéed in olive oil with garlic and smoked paprika)

In a large pot, heat the oil and butter over low heat. Add the onions, cauliflower and garlic. Cover and cook, stirring occasionally, until very soft and beginning to turn translucent, about 20 minutes or more.

Add the stock, bread, herbs and salt. Bring to a boil. Reduce the heat and simmer for about 15 minutes.

Remove the herbs and purée the soup in a blender or food processor. Strain the soup back into the pot. Add the cream and pepper and bring back to a boil.

Serve topped with garlic olive oil smoked paprika breadcrumbs.

Variations: add diced ham, bacon, or croutons.

11:30am: Tagine Chicken with Preserved Lemons and Green Olives

Recipe by Morgan Baum, Clay Coyote Pottery

Serves 6

A traditional dish of Morocco, tagine is both the vessel and the dish created in it. The conical top of a tagine creates a self-basting environment in which moisture constantly circulates and creates tender meat and a thick sauce.

1 medium onion, finely diced
1 teaspoon paprika
½ teaspoon ground ginger
¼ teaspoon turmeric
¼ teaspoon ground cumin
¼ teaspoon salt
pinch of saffron, crushed
1/8 cup olive oil
1-1 ½ pounds chicken thighs with bone and skin
½ cup chicken broth
1 preserved lemon, most of the pulp removed, rind cut into thin strips (you can substitute 1 tablespoon of Preserved Lemon Paste)
1 cup unpitted olives
1 tablespoon fresh thyme, chopped
fresh cilantro, finely chopped
cooked couscous, for serving

In the bottom of a [Clay Coyote Flameware Tagine](#), mix the onion, herbs and spices to create a chermoula (a paste). Add oil and heat on medium-high heat. Once hot, add chicken and cook until browned on all sides, about 3 minutes per side.

Spread chicken out into a single layer. Add broth and bring to a simmer over medium heat. Reduce heat to low and add the preserved lemon strips, thyme and olives. Cover and simmer on low, until the chicken is cooked through and very tender and the sauce has broken down, about 20-30 minutes.

Serve over couscous with spoonfuls of sauce and chopped fresh cilantro.

Commented [SBI]: Maybe add in cilantro here so its in the step by step instructions as well?

12:30pm: Chocolate Beet Cake with Roasted Garlic & Brown Butter Ice Cream

Recipe by Matthew and Amber Jensen, La Ferme & The Crowded Table

Serves 12

Chocolate Beet Cake

2 beets (about baseball-sized) roasted and cooled
5 eggs
1 teaspoon vanilla extract
1 ½ cups sugar
16 ounces olive oil
1 head of garlic, roasted and cooled
2 cups oat flour
1 cup brown rice flour
2 ¼ teaspoons baking soda
½ teaspoon salt
½ cup good quality dark unsweetened cocoa powder

Preheat oven to 350°F. Butter and flour a 9x13 cake pan. Purée the beets in a food processor along with the eggs, vanilla, oil, roasted garlic and sugar. Add the dry ingredients to a large bowl, then add the puréed mixture. Beat with an electric or stand mixer on medium speed until well combined. Pour batter into prepared pan and bake in preheated oven for 25 to 30 minutes, or until done (when a toothpick inserted comes out clean). Remove from pan after a few minutes and allow to cool completely on racks.

Brown Butter Ice Cream

2 cups milk
2 cups cream
¼ pound unsalted butter, melted in a pan until solids begin to brown
10 egg yolks
¾ cup sugar

Combine milk, cream and brown butter in a pot and bring just to a simmer. Meanwhile, whisk the egg yolks and sugar together in a stainless steel or glass bowl. While whisking constantly, slowly pour the hot milk mixture into the egg mixture in thirds. Strain mixture and let cool for 3 hours or overnight, then freeze mixture and reserve in freezer until ready to serve.

2pm: Great Garlicky Noodles

Recipe by Beth Dooley, Beth Dooley's Kitchen

Serves 4

4 tablespoons unsalted butter
1 tablespoon hazelnut oil
22 medium garlic cloves, peeled and smashed
1 tablespoon oyster sauce
1 tablespoon soy sauce
1 pound dry spaghetti
¼ cup grated Parmesan cheese
sliced scallions, for garnish
chopped cilantro, for garnish

In a large saucepan set over medium heat, melt the butter and oil together then add the garlic and cook, stirring until fragrant but not browned, about 1 to 2 minutes. Add the oyster sauce and soy sauce and stir to combine. Remove from the heat.

Cook the noodles in a pot of boiling salted water over high heat until just al dente. Then, using tongs, transfer the pasta (with the water that clings to it) to the garlic sauce. Return the saucepan with the garlic sauce to the stove over medium heat and add the cheese; stir until the sauce is creamy and emulsified. If it seems too soupy continue cooking and if it's too dry, add a little more water. Serve garnished with the scallions and cilantro.

3pm: Garden Ratatouille

Recipe by Chef Beth Fisher, Arboretum Culinary Lead

Serves: 4

4-5 cups eggplant (1 large eggplant), medium dice
4 cups yellow onion, medium dice
4 cups red pepper, medium dice
4 cups zucchini, medium dice
4 cups tomatoes, large dice
5-6 cloves garlic, peeled and sliced
2 tablespoons olive oil

Dice the eggplant, onion, red pepper and zucchini into 1/2-inch pieces. Chop tomatoes and set aside. Thinly slice the garlic cloves.

Heat a heavy-bottom pan over medium-high heat for 5 minutes. Add olive oil and swirl to coat the bottom of the pan. Add diced eggplant, onion, peppers, zucchini and sliced garlic. Stir to coat in hot oil and cook for 5-10 minutes, stirring often. Add chopped tomatoes, cover and cook over gentle heat for another 15-20 minutes, stirring occasionally.

Remove cover. Add remaining ingredients and cook uncovered for another 30-45 minutes:

2 tablespoons balsamic vinegar
1/2 teaspoon pepper flakes
2 teaspoons salt
1/2 teaspoon black pepper

Serving suggestions

Serve on crostini, tossed with your favorite pasta or baked in a tart shell or ramekin with crumbled goat cheese and fresh basil. Ratatouille freezes well and is an awesome garden delight!