

## Garlicky White Bean Salad

*adapted from Siegel, Helene and Karen Gillingham: "The Totally Garlic Cookbook". Celestial Arts, Berkeley, 1994.*



500 g (1 lb)	dry cannellini beans (white kidney beans)
24	garlic cloves, peeled
1 to 2	sage sprigs
1	bay leaf
125 mL (½ cup)	olive oil
75 mL (⅓ cup)	white wine vinegar
2	medium tomatoes, and chopped
175 mL (¾ cup)	minced red onion
75 mL (⅓ cup)	chopped fresh basil or oregano
	grated peel of 1 lemon (optional)
	coarse salt and ground pepper

Cover beans with 1.5 L (6 cups) cold water and soak overnight. Drain. Place drained beans in pot and cover generously with cold water. Place garlic, sage, and bay leaf on square of cheesecloth. Gather up corners, tie, and add to pot.

Bring to boil, reduce heat, and simmer until beans are tender but still firm. Time could vary considerably, from 45 minutes to 2 hours. Drain. Remove garlic from cheesecloth bundle and discard herbs. In small bowl, mash garlic. Add oil and vinegar and whisk to blend. Add to hot beans and toss to coat evenly. Cool.

In large bowl, toss cooled beans with tomatoes, onion, basil, and lemon peel, if using. Season to taste with salt and pepper.

6 – 8 servings

## Roasted Garlic

*adapted from Chavich, Cinda: "The Girl Can't Cook: 275 fabulous no-fail recipes a girl can't be without". Whitecap Books, Vancouver, 2004.*

3	heads of garlic
15 mL (3 tsp)	olive oil

With a sharp knife, cut off the top 1.2 cm (½ inch) (the pointy part) of each whole head of garlic. You will be able to see the tops of the exposed cloves. Set each head of garlic on a piece of foil, and drizzle with 5 mL (1 tsp) of olive oil. Gather the foil up loosely around the head of garlic to hold the oil around it – the garlic should be wrapped but not sealed. Place the garlic in a preheated 180°C (350°F) oven and roast for 45 minutes. Remove the garlic, unwrap and cool slightly. Squeeze the roasted garlic out of the papery husk – it should be reduced to a creamy, sweet, caramel-coloured paste. Roasted garlic will keep in a sealed container in the refrigerator for 2 weeks. Keep it on hand and ready to add to mashed potatoes, salad dressings, soups and pasta sauces, or to spread on baguette slices for an easy appetizer.