

## GARLIC-HONEY FERMENT

by Alexis



Think of all the good properties both Honey and Garlic have! Think of the Probiotic Possibilities - combined all together it creates an immaculate flavour punch as well as fights off any illnesses trying to come your way! Start it now so its ready in a months time. It can last a year simply in the cupboard, if your able to not eat it all and use it on salads, toasts and stir-fries!

## Let the bubbles begin!

This is a quite simple 'recipe'. All one needs is honey (unpasteurized is best), garlic heads, a jar, and of course time.



Honey on its own is stable - meaning, it will not ferment, rot or sour spontaneously unless it is heated or in contact with moisture (more than 19% moisture means it will ferment). Mixing water and honey together simply makes mead - a honey-alcohol.

When we add garlic cloves to honey, there is *just enough* water in the garlic to help the honey ferment. The honey

pulls the water out and creates, over **one months time and longer**, a beautiful probiotic/antibacterial cold + flu cure!

Simply find a jar size of your choice. Put as many peeled garlic cloves in as you have patience for. Then fill the rest of the jar with honey. Make sure to label your jar when you started, so you can monitor the flavour change, how long you have had it, when you like it best, etc.

Over the first month, the thick honey will become more liquidy and bubbles will accumulate. It is necessary to release



the gas to eliminate chances of jar bursts. Just make sure when you are 'burping' your jar of garlic-honey that you dont have a hot date over - they might not recognize the smell ;).



## Q. PROBIOTICS? ISN'T GARLIC AND HONEY ANTIBACTERIAL?

Honey has anti-microbial properties (mainly by smothering any bacterias that try to get in as honey is so dense and thick), however when adding moisture, the anti-microbial force is diminished and allows those good bacterias and