



**There's a Polish Deli just around the corner. We love Garlic. But I might have over done it with the 5 bulbs I bought last week. So what is the traditional / historic way to deal with an excess of Garlic?**

**Ingredients:-**

Garlic cloves, cut in half - lots of!

2 table spoons of salt

2 table spoons of sugar

Dill Seeds, whole (They have the Lactobacillus bacteria you need)

Black Pepper Corns (They also have Lactobacillus bacteria you need)

Water

**Method:-**

(1) Add the Salt and Sugar to the water. It will dissolve over time. Don't heat it as you will kill

the bacteria.

- (2) Cover the Garlic cloves, Dill seeds and Pepper Corns in the brine.
- (3) Pour into a sealable jar and pop the lid on.
- (4) Vent every day, more often as the fermentation peaks. (You will fill the house with the smell of Garlic!)
- (5) After a month or so the fermentation will die off. Good to eat. But only use  $\frac{1}{2}$  the amount which you would have with fresh Garlic!!!!