

JENNI MARIE'S TEST KITCHEN

www.JMtestkitchen.com

Low FODMAP Garlic OR Onion Oil (start 24 hours in advance)

Equipment Needed:

- Medium Saucepan
- Kitchen Scale
- Cutting Board & Chef's Knife
- Measuring Cups & Spoons
- Mesh Strainer
- Silicone Ice Cube Tray(s)
- "Pourable" Glass Measuring Cup

Directions:

1). Peel and slice garlic cloves in half (or peel and thick slice one whole onion). Combine 1 T. of citric acid with 2 C. cold water. Stir until the citric acid has dissolved. Place sliced garlic cloves into the citric acid mixture and let sit at room temperature for 24 hours.

- **1 Head Fresh Garlic (or 1 med. onion thick sliced if making onion oil)**
- **1 T. Citric Acid Powder** *see notes below
- **2 C. Water**

2). After the 24 hour soak, place garlic or onion on paper towel to dry. Meanwhile, pour 2 cups of olive oil into a saucepan. Heat oil over low heat until it is hot to the touch, but not hot enough to cook the garlic. Remove pan from heat and gently drop in your sliced garlic cloves. Let steep in the oil for 1-2 hours.

- **2 C. Extra Light Olive Oil**

3). Strain oil into a pourable measuring cup using a fine mesh strainer. I store my oil in silicone ice cube trays with cover, where each cube equals about 1 tablespoon. Freeze up to 3 months for best flavor. Mine rarely lasts this long. This has been life changing for low FODMAP cooking. Enjoy!

****You can make this without doing the citric acid soak. Just beware of the risk of botulism if you don't store the oil properly. Recommendations for storage when not using the citric acid soak method is 2 hours at room temperature, 3 days refrigerated, and 3 months in the freezer. For this reason I always opt for the freezer method. You can also buy shelf stable low FODMAP EVOO garlic oil here.***

