

GARLIC 101, FULLY



THE COOKFUL

Edited by Christine Pittman and Heather McCurdy

Garlic 101, Fully

Say hello to Garlic 101! We can't wait for you to try these garlic recipes. They really bring out the best from this robust root vegetable. You're going to love them so much. I know we do!

We've researched methods and tested classic favorites to bring you the very best recipes that will become part of your regular cooking rotation.

We just know that these garlic recipes are going to become a delicious part of your life.

Let's get chopping!

Christine

Table of Contents

How to Peel Garlic	4
How to Roast Garlic	6
How to Beat Garlic Breath.	8
The Most Basic (and Best) Garlic Toast.	11
Garlic Knots	13
Pickled Garlic.	15
Spaghetti Aglio e Olio.	18
40 Clove Garlic Chicken.	20
Classic Garlic Soup	22
Chinese Garlic Chicken.	24
Garlic Mashed Potatoes.	26
Garlic Shrimp.	28

Edited by Christine Pittman and Heather McCurdy. Designed by [Garnishing Co.](#)

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How to Peel Garlic

By Kevin Kessler

Garlic is notoriously difficult to peel, but no more. We're giving you the scoop on how to peel garlic the very best ways.

As an Italian American, garlic has played a major role in my culinary life from an early age. It's one of the staple ingredients to most Italian dishes and my family passed an all encompassing mentality of "just add garlic to it" down the line to me.

But when I first started cooking with garlic it was frustrating. It wasn't the smell or the unfortunate garlic breath related side effects that made me grit my teeth in irritation. It was the act of trying to peel the garlic, and since we have a ton of amazing garlic recipes coming your way this month, you need to know how to peel it easily.

Garlic comes in a bulb, inside of which there are several individually wrapped cloves. In that sense, garlic is kind of the Starbursts of the vegetable world in that each helping of it has its own packaging. (But instead of tasting sweet it tastes...you know...like garlic).

If only peeling garlic were as easy as unwrapping a Starburst...

Well, there are a few tried and true methods that you can use to make your garlic peeling experience much easier, so you get right down to the chopping, mincing and cooking. (AKA the fun part!)

Here are three of the best ways to peel garlic.

THE KNIFE METHOD

Most people don't break out the knives until it's time to start chopping, but before you mince to your heart's content, you can get some extra mileage out of the blade.

Lay a clove of garlic on a cutting board and get a large chef's knife. Lay the flat side of the knife over the clove and then either roll the garlic under it by pressing down on top or smack the knife to break up the skin.

I personally prefer the rolling method as I don't want to break the clove before I chop it. Also, make sure you're using a metal knife and not a ceramic or plastic one, as they could break.

Either way, the skin will crack and it will be far easier to peel away. Repeat this step for each clove you're going to be using.

How to Peel Garlic

Continued from previous page

THE SHAKE IT UP METHOD

This is my favorite way to break up large groups of garlic cloves at once. It saves a lot of time for garlic heavy recipes when you don't want to break up the cloves individually with a chef's knife.

Get a large hard bowl with a hard plastic lid. Drop the garlic cloves inside and firmly seal the lid on top of the bowl. Then, just go nuts shaking it up, bouncing the cloves off the bottom, sides and lid of the bowl.

This action should break up the skin and make it easy to peel right off. If it doesn't work right away, reseal the bowl and shake it up again.

The risk associated with this method is that you could potentially bruise the cloves, but if that doesn't concern you then have at it.

THE TOOL METHOD

No, you aren't a tool if you use this method. This is the act of using a kitchen tool to help you peel your garlic.

Garlic peelers are sold all over, with many options now available on Amazon. These tools are typically made from silicon and kind of look like multi-colored cannoli shells.

Place your garlic cloves in the tube and apply direct pressure with the palm of your hand. While maintaining pressure, roll the tube back and forth. You should be able to hear the skin breaking apart.

Once you're done, just tip out your cloves and peel whatever broken skin remains on them.

Garlic peelers sometimes come as a part of a set along with a garlic press, which allows you to perfectly mince with a simple squeeze. I definitely recommend these combined sets as it's a far safer and more efficient way to peel and mince garlic. The less I have to interact with knives the happier my fingertips are.

IN CONCLUSION

There you have it! Three solid ways to peel garlic without having to dig in with your fingernails. What's your favorite way to peel garlic efficiently?



How to Roast Garlic

By Tawnie Kroll

Learn how to roast garlic in the oven like a professional with these easy steps. You'll be able to enjoy the flavor of garlic and enhance the flavor of your dishes without that pungent afterbreath.

Roasting garlic in the oven is one of my favorite ways to enjoy garlic. I add it to hummus and chicken dishes, mix it in with pasta or even use it as a topping for a loaded baked potato.

If you think garlic adds too much of a pungent bite to a meal, you'll love roasting it to soften the harsh flavors you may be tasting. When you roast garlic in the oven, it really brings out garlic's unique flavor. It's creamy, buttery and also contains plenty of antioxidants and vitamin C.

But how exactly do you roast it? It's easy. Follow along with these steps below to get the perfect roasted garlic every time.

How to Roast Garlic

Continued from previous page

1. Preheat your oven to 400 degrees Fahrenheit.
2. Peel the loose, papery outer layers of the garlic bulb. Leave the skin on around each actual garlic clove though.
3. Cut a half inch off the top of the bulb.
4. Place garlic in an oven-safe baking dish and drizzle with one tablespoon of olive oil and a generous sprinkle of salt.
5. Wrap the garlic in foil and bake for 30-35 minutes or until the cloves are softened and the tops are browned.
6. Let the garlic cool and remove the roasted garlic from the skins. Use as a spread, in pasta or just eat it as it right from the bulb.

Prep Time: 5 minutes

Cook Time: 30 minutes

Total Time: 35 minutes

Ingredients:

Bulbs of garlic

Olive oil

Salt

1. Preheat your oven to 400°F.
2. Peel the loose, papery outer layers of the garlic bulb but leave the skin on around each garlic clove.
3. Cut a half inch off the top of the bulb.
4. Place garlic in an oven safe baking dish and drizzle with olive oil and a generous sprinkle of salt.
5. Wrap the garlic in foil and bake for 30-35 minutes or until the cloves are softened and the tops are browned.
6. Let the garlic cool and remove the roasted garlic from the skins. Use as a spread, in pasta or just eat it as it right from the bulb.

How to Beat Garlic Breath

By Kevin Kessler

We all love garlic, but dreaded garlic breath? Not so much! We're showing you how to combat it so you can enjoy all these amazing garlic recipes we're delivering.

Garlic is amazing. I think that's something a lot of you will agree with me on. However, along with it being a pain to peel unless you have our tips for the best way to peel garlic, the after effects of this delicious ingredient can sometimes be less desirable.

We've all been there. We're on a nice date at an Italian restaurant. Without thinking, we order a garlicky meal and spend the remainder of the evening trying to turn our heads lest we offend our significant other with heinous garlic breath. Don't worry friends, you're not alone!

Garlic has some awesome health benefits that have nothing to do with its odorous nature. It can improve cholesterol levels, lower blood pressure, prevent diseases and even help fight blood clots. (I maintain the myth of using garlic to ward off vampires is just a trick by the vampires to thin our blood out. Nice try, Dracula!)

So, if you want to enjoy the delicious taste of garlic and take advantage of these amazing benefits, does that mean you're doomed to wander the Earth not breathing in anyone's direction? Not at all.

There are a number of surefire methods that you can use to keep your breath smelling fresh while enjoying the taste of garlic. What are they? Read on to find out.

WHY DOES GARLIC CAUSE BAD BREATH?

Before we talk about how to cure garlic breath, we should first discuss how it happens. This is going to get a little technical, so pardon me while I balance these spectacles upon my nose...

Garlic in its natural state has no smell. But when you chop into it, an enzyme called allinase is released. This converts the normally odorless molecules of allin into sulfurous allicin molecules. Allicin is pretty unstable, so it's going to break down fairly quickly. The bad news about that is it breaks down into a slew of other sulfurous compounds which tend to linger through the air in your mouth. That's what leads to garlic breath.

Within a few hours the majority of these compounds will be metabolized by the body. However, one nasty little slice of stink called allyl methyl hangs on for a longer period of

How to Beat Garlic Breath

Continued from previous page

time and can stay in the body for up to two days. While in the stomach it can slip into your bloodstream where it gets circulated to your lungs and creates garlic breath all over again.

It can also be excreted through your sweat, which is why people who eat a lot of garlic sometimes smell like they're surrounded by a cloud of it.

FIGHTING GARLIC BREATH

Now that we understand the enemy, it's time to start fighting back. Thankfully, there are a number of foods, ingredients and beverages that you can use to stop garlic breath in its tracks.

Lemon Juice

There's acid in lemon juice that can neutralize allinase. (For those of you who skipped the previous section, that's the smelly enzyme produced when you crush or chop garlic). Consider adding a bit of lemon juice in with some of your favorite garlic recipes to help keep your breath fresh.

Raw Apples

Eating raw apples is a great way to fight back in the war against garlic breath. You know how when you cut an apple it starts to turn brown? That's because of compounds called polyphenols, which act as a natural deodorant. They help neutralize the sulphides which contribute to nasty smelling garlic breath.

Parsley and Basil

This is one of the easiest garlic breath deterrents to mix in with your recipes. These leaves also contain polyphenols, but for maximum effect they should be eaten in the same meal as the garlic. They don't necessarily have to be in the same dish, but they should be eaten together.

Spinach

Polyphenols to the rescue once again. Spinach is a great source of polyphenols and can be mixed with garlic to break down sulfur compounds. This is another deterrent that's super easy to have alongside garlic. Just make yourself a side salad. It's beneficial to your breath and good for you.

Milk

Drinking milk can actually help keep your breath clear of garlic if you drink it before or during a meal. It's not only the water present within the milk washing your mouth out, but the fat

How to Beat Garlic Breath

Continued from previous page

contained within that helps control your breath. Because of that, whole milk is the most effective.

Green Tea

This is another consumable that contains polyphenols, aka the kryptonite of garlic breath. Again, this should be consumed at the same time as the garlic for maximum neutralizing effects, and is much easier than milk to pair with a major meal.

IN CONCLUSION

No one likes garlic breath, so thankfully there are a number of ways outside of breath mints that you can fight back naturally. What do you do to preserve your breath when you eat garlic?



The Most Basic (and Best) Garlic Toast

By Sam Ellis

Garlic Toast doesn't get much easier than this basic recipe. We're sharing our hack for the easiest (yet tastiest) garlic toast out there.

Garlic toast is one of the best parts of the meal when going out to eat at an Italian restaurant, but with this recipe you'll be able to make it better than anywhere else. It's so simple it doesn't seem like it would result in something so delicious but you'll definitely want to keep going back for more.

This recipe only calls for a few ingredients, so be sure you use good quality ingredients to really bring out the flavor.

When broiling the baguette, be sure to keep an eye on it as each oven and loaf of bread will differ in how long it takes to brown the bread. Turning the cookie sheet about 2 minutes into

The Most Basic (and Best) Garlic Toast

Continued from previous page

the cooking time should allow for a more even toast on both halves. This should also avoid any burnt edges that can sometimes happen when using a broiler.

The two best toppings that I've found for the garlic bread is a good quality salted butter that's spread on right after the garlic or olive oil that's lightly drizzled on and sprinkled with sea salt. Honestly, that's really all you need. The Parmesan and parsley just add to the flavors even more, but they can be left off if you're looking for something super simple.

Yield: 8 servings

Prep Time: 5 minutes

Cook Time: 5 minutes

Total Time: 10 minutes

Ingredients:

1 French baguette

1 garlic clove, cut in half

Toppings:

Butter

Olive oil

Sea salt

Parmesan, grated

Parsley, finely chopped

1. Preheat broiler on low. Cut baguette in half lengthwise and place on a cookie sheet. Place in the oven on a middle rack for 4-5 minutes until golden brown, rotating cookie sheet halfway through.
2. Once toasted, remove from the oven and rub the cut side of a garlic clove on the toast. Use either butter or olive oil and sea salt to top. Sprinkle with grated Parmesan and parsley then cut into slices and serve warm.



Garlic Knots

By Christine Pittman

That's right! No need to make last minute reservations at your favorite Italian restaurant when you can make Garlic Knots at home!

Seriously! It's so easy to make garlic knots at home. When you get that craving for [Classic Chicken Parmesan](#) with a side of garlic knots you don't need to hit the local Italian joint. Stay home and make these!

The most time-consuming step to garlic knots is the dough. I've got a [homemade pizza dough recipe](#) at Cook the Story that's easy to make or you can skip that step and buy store-bought pizza dough. Either way, you'll have delicious garlic knots for dinner.

I recommend you use real Parmesan cheese and fresh flat-leaf parsley for the best results, but you don't need any other fancy ingredients. We like recipes that are nice and easy but amazing, and we know you do too.

Garlic Knots

Continued from previous page

Yield: 12 servings

Prep Time: 10 minutes

Cook Time: 15 minutes

Total Time: 25 minutes

Ingredients:

2 tsp. coarsely ground cornmeal

1 ball of pizza dough (1 lb. or enough for a large pizza – here's a [homemade pizza dough recipe](#) or use store-bought)

1 tsp. kosher salt

1/4 cup unsalted butter, cut into pieces

1 tsp. garlic powder

1/4 cup finely shredded Parmesan cheese

1/4 cup chopped Italian flat-leaf parsley

1. Sprinkle a large baking sheet with the cornmeal.
2. Roll or stretch the pizza dough into a 10 x 16-inch rectangle. Put it onto a large cutting board. Use a knife or pizza cutter to cut it into 12 10-inch long strips. (Note: If you want softer, fluffier garlic knots, roll dough to an 8 x 12-inch rectangle and cut into 10 8-inch long strips instead).
3. Tie each strip into a loose knot and put it onto the prepared baking sheet. Repeat with remaining strips. Dust the tops of the garlic knots with kosher salt. Cover with a clean tea towel and let rise for 30 minutes. Preheat oven to 375°F.
4. Remove tea towel and bake uncovered until golden in places and cooked through, 15–20 minutes.
5. Just before the garlic knots are ready to come out of the oven, put the butter into a small microwave safe bowl. Microwave butter 20 seconds at a time until completely melted. Stir in garlic powder.
6. Use a metal spatula to get under the garlic knots in case they stick to the pan a little bit. Transfer them to a big bowl. Drizzle with the butter and then use a large spoon to stir them gently so that they are all coated in butter. Transfer buttery knots to a serving plate and sprinkle with Parmesan cheese and parsley. Serve immediately.



Pickled Garlic

By Brittany Poulson

Who knew you could make your own Pickled Garlic? We're showing you how to preserve garlic and how to keep it from turning blue. Yeah! It can happen!

Garlic is a widely grown and used herb, both for culinary and medicinal uses. Its strong flavor and versatility lead it to being used in many cuisines and recipes around the world. To create an even more flavorful garlic for use in recipes, we took fresh garlic cloves and combined them in a flavorful brine to make pickled garlic. This is an easy beginning canning project which will leave you with tasty garlic to use in recipes for months.

While a jar of beautiful pickled white garlic is the aim, sometimes pickled garlic can turn blue. This is normal and doesn't affect the safety, quality or flavor of the garlic. However, there are some things you can do to help keep your garlic from turning blue, such as:

- Use pickling or canning salt, which is free from iodine and anti-caking agents
- Use distilled water (this reduces the amount of trace minerals commonly found in tap

Pickled Garlic

Continued from previous page

water)

- Use stainless steel or enamel cookware and utensils (stay away from copper, aluminum, cast iron, and tin)
- Reduce the amount of time your garlic is exposed to sunlight by storing in dark places (this reduces the production of chlorophyll)

Pickled Garlic can be used anywhere fresh cloves of garlic are used. From our Basic Garlic Toast to spaghetti sauce, vinaigrettes and cheese plates, pickled garlic is sure to add a punch of flavor to your cooking.

Yield: 4 - 1/2 pints

Prep Time: 20 minutes

Cook Time: 30 minutes

Total Time: 50 minutes

Ingredients:

1 cup water

1 and 1/2 cups white vinegar

1/2 cup sugar

2 tsp. pickling salt

2 tsp. dried Italian seasoning

1 tsp. crushed red peppers

1 lb. garlic heads, separated and peeled (about 6 large heads)

1. Wash four half-pint jars, lids and screw bands with hot soapy water. Dry screw bands, and set aside. Place jars in a large pot and cover with water. Bring to a simmer. Put lids in a separate medium pot of hot water. Leave jars and lids in water until ready to fill.
2. In a large saucepan over medium-high heat combine the water, vinegar, sugar, salt and oregano and bring to a boil. Stir until the sugar is dissolved, then reduce heat and gently boil for 1 minute. Add the crushed red peppers and garlic and cook for an additional minute.
3. One at a time, lift a jar out of the hot water, draining water back into the pot. Place on tray or dry towel. Transfer garlic to hot jars, leaving at least 1/2-inch space at the top of the jar. Ladle the pickling liquid into the jars, covering the garlic and leaving 1/2-inch headspace. Discard any remaining pickling liquid. Remove any air bubbles by running a rubber spatula or chopstick (do not use metallic utensil) between the liquid and the wall of the jar.
4. Wipe jar rim and threads with a clean, damp cloth. Carefully remove the lids from hot water. Place a lid on each jar and screw bands down evenly and firmly, until just tight (do not over-tighten). Return jars to canning pot, ensuring they are covered with at least 1-inch of water.

Pickled Garlic

Continued from previous page

5. Cover canner with lid and bring to a boil, then process for 10 minutes. Carefully remove lid and allow to cool for 5 minutes. Remove jars from the water without tilting them and set upright on a dry towel, cooling rack or wooden cutting board (do not place directly on counter top to prevent thermal shock). Do not re-tighten bands or dry the lids. Let jars sit undisturbed to cool and seal for 12 to 24 hours. Store unopened jars in a cool, dark place for up to 1 year. Use pickled garlic in spaghetti sauce, salad dressings, on sandwiches, mixed with sauteed vegetables, in mashed potatoes and more!



Spaghetti Aglio e Olio

By Sam Ellis

The secret's out. Even though Spaghetti Aglio e Olio looks fancy, it's the easiest pasta dish you'll ever get on the table.

Sometimes simple is best but using quality ingredients is key. When you use quality ingredients, you don't need to overdo it and that's exactly why this Spaghetti Aglio e Olio is so amazing. It translates to Pasta in Garlic and Oil and that's essentially all there is to it. Adding a couple seasonings, like red pepper flakes, salt and lemon zest, really enhances the two main flavors – garlic and a good olive oil. You'll have dinner on the table in no time.

The key with this dish is to heat the olive oil and garlic slowly so the garlic doesn't burn. Once the garlic is too brown, it tastes bitter which can leach into the olive oil flavor itself. Taking some extra time to cook it slowly to avoid burning the garlic will give you that perfect taste. Or if you want to change things up, try adding some roasted garlic, which you can easily make following our steps in how to roast garlic.

Spaghetti Aglio e Olio

Continued from previous page

Another trick I use helps the sauce coat the pasta perfectly – use pasta water in the sauce. First, salting the water when the pasta is cooking helps flavor the pasta even more. The pasta will gain some of the flavor as it cooks then it releases some of the starch. The starch and salt from the pasta water helps the sauce both thicken and stick to the pasta itself. I recommend adding the pasta to the oil first and coating it then mixing in the water so you don't have that dangerous reaction of adding water to hot oil.

Be sure to save this recipe to your favorites because you'll use it often – whether surprise guests pop in or you simply need dinner on the table in a hurry.

Yield: 4 servings

Prep Time: 10 minutes

Cook Time: 15 minutes

Total Time: 25 minutes

Ingredients:

1 lb. spaghetti

1/3 cup olive oil

6 garlic cloves, sliced

1 Tbsp. and 1/2 tsp. salt,
divided

1/4 tsp. red pepper flakes

1 lemon, zested, about 1/2
Tbsp.

1/4 cup Parmesan, grated,
plus more to top

1 Tbsp. parsley, finely diced,
plus more to top

1. In a large pot, bring water and 1 tablespoon of the salt to boil. Add spaghetti and cook for 9 minutes, until al dente. Reserve 1 cup of pasta water, then drain.
2. Using the same pot, add olive oil and sliced garlic cloves to the pot and heat over medium low heat. Cook for 8-10 minutes until the garlic cloves are lightly browned. Add in salt and red pepper flakes and cook an additional 1-2 minutes. Lower heat to low and add in pasta and toss until coated. Pour in 1/2 cup of the reserved pasta water, lemon zest, grated Parmesan, and diced parsley and toss until incorporated. Add in additional pasta water, if needed. Serve into bowls and top with additional Parmesan and parsley, if desired.



40 Clove Garlic Chicken

By Tawnie Kroll

This easy weeknight chicken recipe is made in just one pan with 40 cloves of garlic and a whole lot of flavor.

Don't let the 40 cloves of garlic intimidate you. Once you roast garlic, the garlic actually takes on a more buttery and mild flavor compared to raw garlic. Still intimidated knowing you have to peel 40 cloves of garlic? Check out our tips for how to peel garlic or save some time and buy pre-peeled garlic.

The flavor in this dish are absolutely incredible. When you first read “40 cloves of garlic” I bet you thought it was pungent overkill, but I'm here to tell you it's perfection. When the garlic cooks with the chicken thighs, it creates a smooth, earthy flavor and moist chicken. Not to mention the aroma in the house will make you want to dive in immediately.

I love to have some bread on hand when making 40 Clove Garlic Chicken so you can spread any remaining garlic cloves onto the bread and dip in the olive oil mixture left in the cast iron

40 Clove Garlic Chicken

Continued from previous page

pan or make the world's easiest and Best Garlic Toast. It's such a treat.

Yield: 4 servings

Prep Time: 10 minutes

Cook Time: 30 minutes

Total Time: 40 minutes

Ingredients:

4 chicken thighs, boneless,
skinless
3 Tbsp. Extra Virgin Olive Oil
2 Tbsp. butter, unsalted
40 cloves of garlic
3/4 cup chicken broth, low
sodium
1/3 cup white wine
3 sprigs fresh thyme
2 sprigs fresh rosemary
1 tsp. salt (or to taste)
1/2 tsp. black pepper (or to
taste)

1. Preheat oven to 350°F. Season the chicken generously with salt and pepper. In an oven-safe sauté pan over medium heat, heat 2 Tbsp. olive oil and the butter. Once the oil is hot, sauté the chicken for about 5 minutes on each side and then remove it from the pan and set aside on a plate.
2. Then, add the remaining tablespoon of oil and garlic cloves to the same pan and cook for 3–4 minutes, stirring occasionally, until slightly softened. Pour the garlic cloves on top of the chicken. Add the wine and broth to the pan you browned the chicken in and let the liquid simmer for 2 minutes. Add the chicken and garlic back to the pan, top with fresh herbs and bake in the oven for 30 minutes, or until the internal temperature reaches 165°F.



Classic Garlic Soup

By Emily Dingmann

While garlic plays a supporting role in most dishes, Classic Garlic Soup makes it a star. You might be a skeptic but give it a try. We think it's safe to say you're gonna love it.

Garlic soup is one of those meals that turns humble ingredients into a meal of their own. In this Classic Garlic Soup recipe, 20 cloves of garlic (Yes, you read that right – 20!) are cooked down low and slow until it basically disintegrates into the broth. Twenty cloves may have you worried that the garlic flavor is overwhelming, but cooking it down like this makes it shine with roasted garlic flavor without being too harsh.

In the French version, garlic soup is thickened with chunks of bread, which is what we used here. After cooking all the ingredients together, everything is blended until smooth and you're left with velvety, warming garlic soup.

If you need a quicker weeknight meal, we recommend this [Easy Garlic Soup Recipe in 15](#)

Classic Garlic Soup

Continued from previous page

minutes from our sister site, Cook the Story.

Yield: 8 cups

Prep Time: 10 minutes

Cook Time: 30 minutes

Total Time: 40 minutes

Ingredients:

2 Tbsp. butter

1 Tbsp. olive oil

1 small yellow onion, thinly
sliced into half moons

20 cloves garlic

1/2 tsp. salt

24 oz. vegetable or chicken
broth

2 cups bread crumbs
(baguette)

4 sprigs fresh thyme

1/4 tsp. black pepper (or to
taste)

Whipping cream

1. Heat butter and oil over medium heat in a heavy pot or dutch oven. Add onions, garlic and salt to the pot and cook, stirring occasionally, for about 10 minutes. Add broth, bread crumbs and thyme to the pot, and bring to a boil. Lower heat and simmer for 20-30 minutes.
2. Remove thyme leaf stems and, using an immersion blender (or working in batches with a traditional blender), blend soup until smooth. Taste and season with salt and pepper to taste.
3. Serve with a drizzle of whipping cream.



Chinese Garlic Chicken

By Emily Dingmann

We've got another Chinese takeout fakeout for you. Our take on Chinese Garlic Chicken will be ready in less time than order and delivery takes at your favorite restaurant.

Chinese Garlic Chicken is such an easy and flavorful stir fry, and it takes barely any time to make. You'll wonder why you've been ordering takeout all these years because it's just as quick to make it at home and it tastes better too (just like our easy [Instant Pot Orange Chicken](#)).

The garlic sauce looks pretty unassuming when you mix it up. But when it hits the hot pan, you'll see how it starts to get thick and sticky like a real Chinese chicken sauce. What's the secret? The cornstarch helps thicken it and gives it that classic consistency. Don't skip it or the sauce definitely won't thicken as it's supposed to.

We opted for chicken breast in this recipe, but chicken thighs would also work well if you

Chinese Garlic Chicken

Continued from previous page

prefer them. The sauce cooks quickly, so be sure to cut the chicken into small, one inch pieces that are fairly uniform so it finishes cooking at the same time as the garlic sauce.

Garnish with some sesame seeds and sliced green onion for a little crunch and color and serve this classic over rice.

Yield: 4 servings

Prep Time: 10 minutes

Cook Time: 10 minutes

Total Time: 20 minutes

Ingredients:

5 cloves garlic, minced

1/4 cup soy sauce

1 Tbsp. sesame oil

2 Tbsp. honey

1 Tbsp. cornstarch

1 Tbsp. vegetable oil

1 lb. chicken breast, cut into 1”
pieces

Green onions (optional, for
garnish)

1. Whisk together minced garlic, soy sauce, sesame oil, honey and cornstarch until smooth.
2. Heat vegetable oil in a large skillet or wok over medium high heat. Add chicken and garlic mixture to pan and stir fry, stirring frequently, until chicken is cooked through and sauce has thickened, about 5-7 minutes.



Garlic Mashed Potatoes

By Tawnie Kroll

We took our favorite mashed potatoes and gave them a punch of garlic. This might be the only way you eat them from now on.

Who doesn't love mashed potatoes?! Our [Classic Mashed Potatoes](#) are popular but these garlic mashed potatoes are next level. And lucky for you, I'm sharing my tips and tricks on how to make the best Garlic Mashed Potatoes you'll ever eat.

CHOOSE YOUR POTATOES.

The best potatoes I've found to use are Yukon gold potatoes. You'll want to rinse and peel the skins off the potatoes to add to the creaminess of the finished product. If you aren't sure what the best method is, we have this handy dandy guide to [how to peel potatoes the best way](#).

SKIP THE WATER.

Instead of boiling your potatoes in plain old water, use chicken broth. The chicken broth adds

Garlic Mashed Potatoes

Continued from previous page

a wonderful flavor to the potatoes and the broth soaks up into the potatoes while boiling.

MAKE THE SMOOTHEST MASHED POTATOES EVER.

My tip to making these potatoes the smoothest potatoes you'll ever have? A potato ricer. Once the potatoes are cooked and you drain the liquid away, use a potato ricer instead of a potato masher or hand mixer. Now, if you don't have a potato ricer, mash them that way you usually do.

ADD THE GARLIC.

My last tip to make these garlic potatoes have the best garlicky flavor is to cook the garlic cloves with the potatoes. Then, the garlic cloves will be soft enough and they mash right in with the potatoes giving them a smooth garlic flavor.

Let's get to cooking.

Yield: 6 servings

Prep Time: 15 minutes

Cook Time: 25 minutes

Total Time: 40 minutes

Ingredients:

3 lb. Yukon gold potatoes,
washed, peeled and diced
4 cups low sodium chicken
broth
8 cloves garlic
1/2 cup half and half
1/2 cup whole milk
1/4 cup butter, softened
1 and 1/2 tsp. salt
Fresh chives (optional)

1. Place the diced potatoes and garlic cloves in a large pot over medium high heat and pour the chicken broth over the potatoes. The broth should cover the potatoes. If not, add a little water until potatoes are covered about 1 inch.
2. Bring the potatoes to a boil, and then reduce to a simmer until the potatoes are cooked through. You should be able to easily stick a fork through the potatoes.
3. Drain the potatoes using a colander and transfer the potatoes and garlic to a bowl.
4. Mash the potatoes and garlic then add in the half and half, milk, butter and salt. Mix together then taste and adjust according to your preference.
5. Enjoy with fresh chives on top for garnish.



Garlic Shrimp

By Emily Dingmann

When you need a quick protein, Garlic Shrimp is the way to go. It requires very little prep and cooks in no time.

Nothing smells better than the combination of garlic, butter and shrimp wafting out of a kitchen. It's the perfect collision of simple flavors that come together in an incredible way in no time at all. Plus, it can be used with so many sides: Pasta Aglio e Olio (which cooks up in not time at all), over rice with a splash of soy sauce, with a hunk of crusty bread and a squeeze of fresh lemon.

Raw shrimp is best in a recipe like this because we find it has more flavor and you are less likely to overcook it, which is super easy to do with shrimp. If you can't find raw shrimp, just be sure to decrease the cooking time. The shrimp will only take 2-3 minutes to heat through. Shrimp becomes tough when it's overcooked, so watch it closely.

And this may go without saying, but just in case, in a recipe with garlic in the title, fresh is the

Garlic Shrimp

Continued from previous page

way to go. The garlic in this simple recipe is really highlighted, so you'll want the best quality there is, which can only come fresh from a clove. If you really are a garlic lover, add in a few more cloves. We believe that more garlic is never a bad thing.

Yield: 4 servings

Prep Time: 5 minutes

Cook Time: 5 minutes

Total Time: 10 minutes

Ingredients:

1 lb. raw shrimp, thaw if
necessary
5 cloves garlic, minced
1/2 cup chopped parsley
3 Tbsp. butter
1/2 lemon

1. Heat butter in a large skillet over medium heat.
2. To the pan, add minced garlic and cook, stirring frequently until fragrant. It only needs about a minute, so be careful not to burn it.
3. Add shrimp to the pan and cook for about 4-6 minutes, until shrimp is cooked through and opaque. Don't overcook.
4. Remove from heat, squeeze lemon over shrimp and sprinkle with fresh parsley.

Contributors

Many thanks to our writers for this edition of *The Cookful*.



Christine Pittman, editor

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Christine is the Founder and Senior Editor of The Cookful. She also blogs at COOKtheSTORY where she specializes in easy healthy homemade recipes. Healthiness aside, she has been known to shred cheese onto a dinner plate, microwave it for 30 seconds, and then eat the messy goop with a spoon.



Emily Dingmann

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Emily is a Nutritionist and Recipe Developer who creates easy and healthy recipes for busy families on My Everyday Table. She drinks coffee in the morning, wine at night, and sometimes a green juice in between!



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Sam blogs at The Culinary Compass where she loves to try new recipes and ingredients from around the world. She thinks trying new dishes and spices is the easiest way to travel! She loves coffee so much that she often goes to bed excited for a fresh cup in the morning.



Kevin Kessler

Kevin J. Kessler is an experienced professional writer and published author living in Orlando Florida. With a lifelong passion for food, this sandwich loving Italian boy enjoys exploring unanswered questions about the foods we all know and love so well. Kevin's foodie lifestyle was born through his love of Walt Disney World and the Epcot International Food and Wine Festival. A lover of stories, he enjoys trying new dishes from all over the world and learning everything there is to know about where food comes from, how it's prepared, and what variations on it exist.

Contributors

Many thanks to our writers for this edition of The Cookful.



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Tawnie Kroll is a California based food blogger and healthy recipe developer. She is a Registered Dietitian Nutritionist and a lover of cooking and baking! Follow her blog for recipes, healthy living tips and practical scientific evidence based advice to help you improve your health and well being.



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As a self-proclaimed foodie, Brittany loves to cook, bake and of course, eat! This love of food led her to become a registered dietitian and food blogger at Your Choice Nutrition, where she encourages you to live a healthy life in your unique way. For Brittany, this often includes her favorite foods, such as fresh strawberries or a square of dark chocolate!

About The Cookful

Do you love to geek-out over food and cooking? Then The Cookful is where you need to be.

We cook and write about one topic at a time, diving in deep to help you cook (and eat!) better than ever. Each topic comes with how-tos, innovative recipes and a bunch of interesting tidbits so that you can learn all about it. Some topics we've covered are Margaritas, Quick Soups and Popcorn. Head over to [The Cookful](#) to find out what our next topic is and then get ready to go off the deep end with us.



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