



GARLIC CREAM SAUCE

INGREDIENTS

- 80 g (2.8 oz) of garlic cloves
- 200 ml (6.8 fl oz) of good quality cream (35% fat)
- Salt and white pepper to season

Optional:

- A hint of pressed garlic at the end to add some zing to the sauce
- Half a teaspoon of finely chopped parsley, also at the end

To blanch the garlic:

- 1 litre of water
- 30 g (1 oz) of salt

NOTES

- The quality of the garlic and the cream is paramount when making this sauce. If you can, it is best to use local organic garlic rather than imported.

PROCEDURE

1. Peel and halve the garlic and remove the central germ.
2. Blanch the cloves by placing them into a saucepan containing the water and salt. Dissolve the salt and bring the water to a boil on high heat.

3. When the water starts to boil, turn off the heat and scoop out the cloves and drain on a paper towel.
4. Puree the garlic with either a stick blender or a small food processor – either way, process it with a tablespoon of water. Once pureed, pass the garlic through a sieve.
5. Put the cream into a pan and on medium to high heat, bring it to a boil.
6. Keep it simmering until it reduces by about a third.
7. Add the pureed garlic in stages until the taste is to your satisfaction.
8. Reduce the sauce a little further and season to taste (using salt and white pepper).
9. If desired stir in a little more fresh garlic to increase the garlic flavour (but don't use too much).
10. If desired, stir in half a teaspoon of finely chopped parsley.