



Another garlic fest is slated for this weekend in the town of Stratford, Ont., where chefs and farmers will be on hand to celebrate garlic.

Mark shares a tip for those who find garlic causes indigestion: Remove the little piece of hard stem found in the centre of the clove when it's cut in half lengthwise.

Here are some recipes with uncommon uses of garlic:

#### FERMENTED TEA GARLIC SALAD

This salad's unique combination of flavours will have you looking at garlic and tea in a different way, says Mark, author of e-cookbook "The Love of Tea."

"It's like the first time you had pad Thai," says the tea sommelier. "You taste it and you're not sure if you like it, but the mouth explosion is like 'wow' — all these wonderful things going on in your mouth and your taste buds. And the tea salad is the same way."

"Lahpet" is Burmese for fermented or pickled green tea. It is an important national dish, since Myanmar is one of few countries where tea is eaten as well as drunk. Historically, lahpet has been used as a symbolic peace offering between warring parties. In contemporary society, it is a popular dish for both ceremonies and street food alike.

The salad can be served as a main or side dish.

##### Part 1: Fermented Tea Leaves

125 ml (1/2 cup) white vinegar

20 g (8 tsp) high-quality organic loose-leaf green tea

125 ml (1/2 cup) water

30 ml (2 tbsp) fish sauce (vegan option: substitute soy and miso)

2 cloves garlic, minced

30 ml (2 tbsp) lemon juice

30 ml (2 tbsp) vegetable oil

60 ml (4 tbsp) sesame oil

Bring white vinegar, green tea leaves and water to a boil for 20 minutes. Turn off heat and let cool for 30 minutes. Drain liquid completely. In a bowl, combine tea leaves with fish sauce, garlic, lemon juice, vegetable oil and sesame oil. Mash with hand blender (bruising the tea leaves slightly helps start the fermentation process). Store mixture in a bottle and keep in refrigerator for at least 2 days, allowing tea leaves to ferment.

##### Part 2: Salad

1 l (4 cups) Napa cabbage or romaine lettuce, chopped

2 to 3 stalks green onions, chopped

125 ml (1/2 cup) fried yellow chick peas (available at South Asian supermarkets)

30 ml (2 tbsp) toasted sesame seeds

125 ml (1/2 cup) roasted peanuts

2 cloves fried garlic, minced

125 ml (1/2 cup) diced tomatoes

1/2 of fermented tea mixture (add more to taste)

Arrange all ingredients on a large platter. Mix immediately before serving. Serve with additional fresh garlic, lemon or lime wedges and flaked chilies on the side.

Makes 6 servings.

Source: Carol Mark, <http://www.drinkempower.com>.

#### GARLIC GRAPEFRUIT GRANITA WITH SPARKLING WINE

350 ml (1 1/2 cups) sweet sparkling wine (such as Spumante Bambino)

250 ml (1 cup) white granulated sugar  
15 ml (1 tbsp) light corn syrup  
5 ml (1 tsp) lemon and/or grapefruit zest  
2 medium cloves fresh-pressed garlic  
350 ml (1 1/2 cups) freshly squeezed grapefruit juice  
50 ml (1/4 cup) freshly squeezed lemon juice  
15 ml (1 tbsp) Angostura bitters

In a saucepan, place wine, sugar, corn syrup and zest. Bring to a vigorous boil so that sugar completely dissolves. Add garlic and remove from heat. Let stand for 10 minutes.

Strain into a stainless-steel bowl (stainless steel will help the mixture cool faster); add grapefruit juice, lemon juice and bitters.

Cover with plastic wrap and chill in freezer until mixture turns to slush. Mash slush completely with fork and return to freezer until firm/frozen. Use blender to combine and return mixture to stainless-steel bowl. Freeze again until firm.

If using an ice-cream maker: Cover mixture with plastic wrap after adding bitters and chill overnight in refrigerator. The next day, process the mixture in the ice-cream maker according to the manufacturer's instructions. Transfer mixture to a storage container and freeze until firm, at least 6 hours.

Makes about 1 l (4 cups).

Source: Kari Marshall, The Pop Stand <http://www.popstandtoronto.com/>.

#### GARLIC KIMCHI GRILLED CHEESE

85 g (3 oz) kimchi  
2 to 3 cloves garlic, minced  
20 ml (4 tsp) butter  
2 slices bread (preferably sourdough), no more than 1 cm (1/2 inch) thick  
125 ml (1/2 cup) grated Swiss cheese  
Pinch kosher salt

Set a large frying pan on medium-low heat. While pan warms, mix kimchi and garlic together in a bowl and set aside. Add butter to frying pan. Once melted and evenly distributed, lay in bread. Place equal amounts of cheese on each slice of bread and cover pan. Cook for 4 to 6 minutes or until cheese has melted. Add kimchi to one slice of bread, sprinkle salt on top of kimchi and cover with remaining slice of bread. Remove from heat, cut in half diagonally and serve.

Makes 1 serving.

Source: Kari Marshall, The Pop Stand <http://www.popstandtoronto.com/>.

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Online:

<http://www.torontogarlicfestival.ca/>

<http://stratfordgarlicfestival.com/>

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