

## Korean (inspired) Pickled Garlic

*I love a pickle, and in particular, onion and garlic. I also have a penchant for Korean flavours and so I have combined garlic and lashings of gochugaru to bring this pickle together. I also add Caraway Seed which bring an aniseed fragrance, but these are totally optional.*

### Ingredients

160g Garlic Cloves – peeled.

100ml Rapeseed Oil for frying

#### **Sauce:**

2 Tbsp Palm or Cane Sugar

2 Tbsp Light Soy Sauce or Tamari

1 Tbsp Rice Vinegar

1 tsp Black Vinegar

3 Tbsp Water

1.5 tsp Gochugaru

¼ tsp Red Chilli Seeds – optional

½ tsp Salt

#### **Seeds:**

¾ tsp Yellow Mustard Seed

1 tsp Sesame Seeds

½ tsp Caraway Seeds - optional



### Method:

Add the garlic and oil to a small saucepan and bring to a simmer.

Cook gently until all the garlic starts to turn light brown.

Remove from the oil into a small bowl.

While the garlic cooks, add all the sauce ingredients together, taste and adjust salt if required.

In a dry pan, gently toast the seeds on a medium low heat until the sesame seeds start browning and mustard seeds start popping.

Add the seeds and sauce to the cooked garlic, mix together and then carefully spoon into a sterilised jar.

These are ready to eat the next day and will last for 3 weeks....they won't though, because they'll be eaten.