

Making Fermented Garlic

Soak the whole garlic in water for two hours until its skin gets soft and is easily peeled.



Soak the garlic overnight.



Peel the skins.



Place the garlic on a perforated sheet until it is dry.



Pack the garlic into the containers.



Pour the pickling solution, consisting of 4 tablespoons salt, 2 cups sugar, 2 cups vinegar, over the garlic and press it.



Ferment the garlic for two days, then drain the pickling solution



Add ½ cup sugar to the pickling solution, bring it to boil, let it cool down, pour it back over the garlic and let it stand for 1 month.



Finished product, fermented garlic