

Garlic Oil

Many people with IBS cannot tolerate garlic, but miss the flavour it gives, here is a great recipe where garlic can be used but won't give you symptoms.

The great thing about making your own oil is you can adapt it to your own tastes.



Ingredients

Makes 250ml

- Two garlic cloves
- 250ml olive oil

Method

Either fry a couple of cloves of sliced garlic in enough olive oil for the recipe, then discard the garlic and use the oil within a day.

Or just slice two cloves of garlic and leave them covered with olive oil for an hour. Strain out the garlic and use the oil within a day.

Both methods capture the wonderful flavour of garlic, but each oil tastes slightly different. The raw garlic-infused oil is nice in salad dressings, while the cooked version is better suited to add to tomato sauce in pasta dishes.

Making your own flavoured oil allows you to control the ingredients to keep your symptoms under control.