

How to peel garlic

My favorite every day hint:

In order to peel a garlic in a fast and easy way, place the whole garlic root down on a choppingboard.

Use a small, but heavy casserole and hit the garlic on its head - farily hard. The peel will separate from the cloves and can go straight into cooking.

Garlic is good for your health, but try swapping if for the Norwegian seasonal option of wild garlic, called "Ramsløk" in the springtime.

Tip is provided by chef Bent-Åge Rustad at Restaurant Gamle Tårnhuset.

www.gamletaarnhuset.no



All photos: Marte Garmann

Recepies from Restaurant Gamle Tårnhuset

Liquorice glazed pork



Lemon tart



Strawberries with white chocolate

