

A close-up photograph of several garlic bulbs and a single clove. The bulbs are in various stages of being peeled, showing the white and purple-tinged papery skin. One bulb in the foreground is partially peeled, revealing the reddish-pink inner layers. A single clove is shown in the bottom left corner, cut in half to reveal its pale yellow interior. The background is dark and out of focus, highlighting the textures of the garlic.

GARLIC

The Spice of Life

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- CRAFTSMANSHIP - GARLIC basics & usage ✓

Courses: Garlic

Collections: PURPOSE & HISTORY

Source: OCTOPUS OCEAN - Germany



Ingredients

Garlic is delicious and easy to add to your diet.

Use it in savoury dishes:
soups, sauces, dressings, & more.

- ☐ GARLIC CONFIT
(France)
- ☐ AIOLI MAYONNAISE
(Spain)
- ☐ BRUSCHETTA
(Italy)
- ☐ SKORDALIA TAPAS
(Greece)
- ☐ LABNEH BI TOUM
(Levante)
- ☐ GARLIC DRESSING
(Homemade)
- ☐ CHIMICHURRI SAUCE
(Argentina)
- ☐ SEARED SHRIMPS
(Portugal)

ASSESEMENT

PROCESS good / fair / bad

TASTE good / fair / bad

CREW OPINION

very happy / happy / unhappy

Directions

„10 HEALTH BENEFITS“

Garlic is a plant in the onion family that's grown for its distinctive taste and health benefits. It contains Sulfur compounds, which are believed to be responsible for some of those health benefits.

Garlic is low in calories and rich in vitamin C, vitamin B6, and manganese. It also contains trace amounts of various other nutrients.

Garlic supplements may help prevent and reduce the severity of illnesses like the flu and common cold, but more research needs to be done before any conclusions can be made.

High doses of garlic appear to improve blood pressure for those with known high blood pressure (hypertension). In some instances, supplements may be as effective as regular medications.

Garlic supplements seem to reduce total and LDL (bad) cholesterol, particularly in those who have high cholesterol. HDL (good) cholesterol and triglycerides do not seem to be affected.

Garlic contains antioxidants that can help protect against cell damage and aging. It may reduce the risk of Alzheimer's disease and dementia.

Garlic may improve physical performance in lab animals and people with heart disease. The benefits for people without heart disease are not yet conclusive. Ultimately, more research is needed.

EDUCATION

For galley crew sailing on all oceans

FACEBOOK

Craftsmanship - a culinary voyage

Garlic was shown to significantly reduce lead toxicity and related symptoms in one study.

Garlic appears to have some benefits for bone health by increasing Estrogen levels in females, but more human studies are needed.

MOVIE copy & paste

- CRAFTSMANSHIP -

Aioli Mayonnaise ✓

Courses: Garlic

Collections: Italian recipes

Source: OCTOPUS OCEAN - Germany



Ingredients

How to make creamy, tangy, garlicky aioli!

You'll just need good mayonnaise, lemon juice & garlic.

Anywhere you might use mayonnaise, you could probably use aioli.

- ☐ 10 medium cloves Garlic, puréed with some salt
- ☐ 4 tsp Lemon juice, to taste
- ☐ sprinkle of salt
- ☐ 1 cup Mayonnaise (250 g)
- ☐ Optional: 0,5 tsp Mustard

Here are some ideas:

As a dip for prepared

- ☐ Artichoke
- ☐ French fries,
- ☐ Crispy potato wedges
- ☐ Sweet potato fries
- ☐ Sandwich spread

Directions

In a small, shallow bowl, combine the purée garlic and the lemon juice.

Stir to combine and spread it into an even layer so the juice can work its magic.

Sprinkle lightly with salt.

Let the mixture rest for 10 min., so the lemon juice can absorb the garlic's flavour.

Place a fine mesh strainer over another bowl.

Using a silicone or rubber spatula, scoop the contents of the bowl into the strainer, then press on the garlic with the spatula to get as much puréed garlic & juice out as possible.

Discard the garlic which is caught in the sieve.

Stir the mayonnaise into the garlicky lemon juice until combined.

Taste, and adjust only if necessary - if the garlic flavour is overwhelming, stir in more mayonnaise by the tablespoon.

If you want it to taste a little more interesting, add the Dijon mustard. For more tang, add another little squeeze of lemon juice.

Aioli will keep well in the refrigerator, covered, for up to 10 days. It will thicken up more as it chills.

- CRAFTSMANSHIP -

Bruschetta ✓

Courses: Garlic

Collections: Italian recipes

Source: OCTOPUS OCEAN - Germany



Ingredients

Ah bruschetta, one of the best ways to enjoy the bounty of summer. Pronounced "Brusketta", this classic Italian appetizer is a perfect way to capture the flavours of tomatoes, basil, garlic, & olive oil. Think of it as summer on toast!

- ☐ 7 Tomatoes
- ☐ 2 Garlic cloves , minced
- ☐ 1 tbsp Olive oil
- ☐ 1 tsp Balsamic vinegar

- ☐ 2 tsp Basil,dried
- ☐ 3 tsp Salt to taste
- ☐ 0,5 tsp Pepper black to taste
- ☐ 1 Baguette
- ☐ 250 ml Olive oil

Directions

Blanch & peel the tomatoes

Bring 2 quarts of water to a boil.

As the water is heating make shallow cuts in a cross pattern at the tip ends of the tomatoes (this will make the tomatoes easier to peel).

Once the water is boiling, remove the pot from the heat. Put scored tomatoes in the hot water & blanch for 1 min.

Remove with a slotted spoon and let sit until cool enough to handle. Then gently peel off the tomato skins.

Cut out the stem base with a paring knife.

Cut the tomatoes into halves or quarters and squeeze out most of the juices and seeds.

Preheat oven to 230° C.

with a rack in the top slot of the oven.

Chop tomatoes,

toss them with garlic, olive oil, vinegar, basil, salt & pepper

Finely chop the tomatoes and place them in a medium bowl.

Mix in the minced garlic, 1 tbsp extra olive oil, and the balsamic vinegar.

Stir in the thinly the dried basil, add salt & black pepper to taste.

Note, tomatoes love salt;

you may need to add more than you expect.

Toast the baguette slices

Use a bread knife to slice the baguette on the diagonal making half-inch thick slices.

Brush one side of each slice with olive oil (a pastry brush helps here) and place olive oil-side down on a baking sheet or roasting pan.

The baguette slices will toast best in the top rack of your oven, so

you may need to work in batches to toast them all. ,

When the oven has reached 230° Celsius place the slices in the oven on the top rack and toast for 5 to 6 min. **until lightly browned** around the edges.

- CRAFTSMANSHIP -

Chimichurri sauce ✓

Courses: Garlic

Collections: Greek recipes

Source: OCTOPUS OCEAN - Germany



Ingredients

In search of delicious accompaniments to our grilled meats, we're taking a look around Argentina today.

- ☐ 3 bunches Parsley
- ☐ 3 tsp Capers
- ☐ 250 ml Olive oil
- ☐ 1,5 pinches Salt
- ☐ 1,5 pinches Pepper
- ☐ 1 tsp dried Oregano
- ☐ 6 Garlic cloves
- ☐ Optional:
 - Chili flakes
 - if desired to own taste

Directions

As is well known, there are first-class meat specialties on the grill here.

The asados - as the barbecues in South America are called - are unthinkable without chimichurri sauce. Argentines (largely) agree on what belongs in a proper chimichurri recipe.

What the name means, on the other hand, is less clear.

However, this does not detract from the enjoyment.

Wash, spin dry the parsley

Thinly chop the parsley

Chop & add the capers as well

Peel the garlic, crush and purée them & stir into the mixture

Add olive oil until the mixture floats in the oil

Finally, season to taste with salt & pepper plus dried oregano

Enjoy your steak with this famous Argentinian sauce!

- CRAFTSMANSHIP -

Garlic confit ✓

Courses: Garlic

Collections: PURPOSE & HISTORY

Source: OCTOPUS OCEAN - Germany



Ingredients

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- ☐ GARLIC
CONFIT (FRANCE)
- ☐ AIOLI
MAYONNAISE (SPAIN)
- ☐ BRUSCHETTA
(ITALY)
- ☐ SKORDALIA
TAPAS (GREECE)
- ☐ LABNEH BI TOUM
(LEVANTE)
- ☐ GARLIC DRESSING
(HOMEMADE)
- ☐ CHIMICHURRI SAUCE
(ARGENTINA)
- ☐ SEARED SHRIMPS
(PORTUGAL)

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- CRAFTSMANSHIP -

Garlic salad dressing ✓

Courses: Garlic

Collections: Greek recipes

Source: OCTOPUS OCEAN - Germany



Ingredients

This is the all-purpose salad dressing - on all continents - and has its right to exist because of the healthy ingredients - compared to any industrially produced salad dressing (bought in plastic bottles and is use by duration of several months). The taste ranges from mild to intense and mouth-watering.

- ☐ 100 ml white / herb Vinegar
- ☐ 300 ml Soya or Rapeseed oil
- ☐ 2 tbsp Water
- ☐ 3 Garlic cloves peeled
& puréed with salt
- ☐ Salt & white Pepper
to taste
- ☐ A pinch of Sugar
- ☐ 1 tbsp mild Mustard
- ☐ Greek yoghurt –
if you prefer a little firmer
consistency compared to
a fluid dressing

Directions

Pour the vinegar into a moderately sized bowl.

Add the water & the puréed garlic

Sprinkle in the salt & ground white pepper & sugar. Stir well until salt / sugar is dissolved

Add the mustard.

Stir again, until reaching a homogenous fluid

Slowly add the oil – keep thoroughly stirring

The vinaigrette is ready.

The garlic makes the dressing more interesting & universally applicable.

Adding a little Greek yogurt (by the spoonful) makes the salad dressing a little less runny
& mellows the flavour a bit.

Salad should not pool in the vinaigrette on the plate.

- CRAFTSMANSHIP -

Labneh Bi Toum ✓

Courses: Garlic

Collections: PURPOSE & HISTORY

Source: OCTOPUS OCEAN - Germany



Ingredients

Labneh: a creamy, tangy Middle Eastern yogurt strained until extra thick. It's sort of a cross between whipped cream cheese & sour cream - but better. Lebanese people eat labneh with chips, chicken, kibbeh, fries. Consider it as the delicious butter to bread.

- ☐ 4 cups Greek yogurt
- ☐ 1 cucumber
finely minced
- ☐ 4 tbsp mint
dried powder
- ☐ 1/2 tsp Chili powder
- ☐ 9 cloves Garlic
puréed with some salt
- ☐ 1 tsp Salt
- ☐ some Olive oil

Directions

Peel, remove the seeds & mince the cucumber

Peel & purée the garlic

In a bowl fill in the Greek yogurt, add to it all the ingredients & mix well

Put in a serving plate and garnish with a sprinkle of olive oil

Serve with bread as a dip

- CRAFTSMANSHIP -

Seared shrimps ✓

Courses: Garlic

Collections: Greek recipes

Source: OCTOPUS OCEAN - Germany



Ingredients

What do shrimps dream of?

They dream of rolling in a pan with oil, herbs, chili & garlic one day.

How to make the shrimp delicious for sure!

- ☐ 20 large Shrimps
(defrosted, cleaned
and bowel removed)
- ☐ 60 ml Olive oil
- ☐ 80 g Butter
- ☐ 1/2 Chili pepper, red -
deseeded & finely chopped
- ☐ 10 Garlic cloves, crushed
- ☐ 3 tbsp Parsley
(washed, spin dried)
and thinly chopped

Directions

Heat the oil in a large pan

Add the butter

Half the chili & half the garlic

Sauté for 3 minutes, stirring, then add the shrimp & spread the remaining garlic on top

Fry the shrimp for 4 minutes until pink, then turn

Sprinkle with parsley, salt & pepper

This can be served with salad and baguette

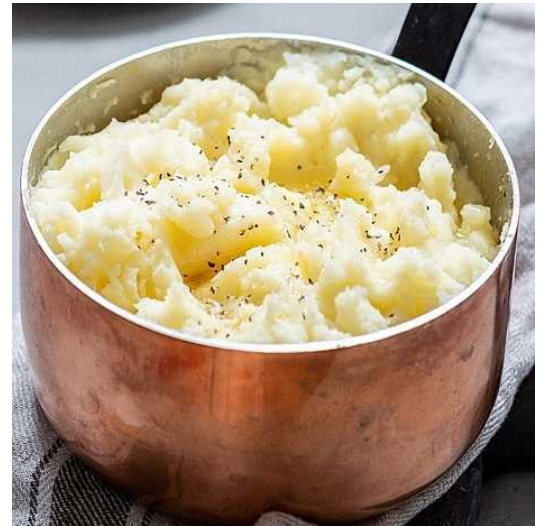
- CRAFTSMANSHIP -

Skordalia ✓

Courses: Garlic

Collections: Greek recipes

Source: OCTOPUS OCEAN - Germany



Ingredients

Skordalia is a beautiful Greek-style garlic dip that has a thick base of mashed potatoes. This easy skordalia recipe is made of mashed potatoes and flavoured with garlic, and lemon juice. Olive oil is the way to whip it all together into a smooth, tantalizing dip that you can serve chilled or at room temperature - as a starter to a tasty Greek meal or a side next to fish or even grilled souvlaki.

- ☐ 1 kg potatoes
- ☐ Garlic is the star ingredient (about 12 cloves of garlic), although you can adjust the amount of garlic to your liking.
- ☐ Fresh lemon juice about ½ cup + 4 tbsp)
- ☐ Olive Oil 1,5 cups to 2 cups.
- ☐ Garnish, sprinkle some of lemon zest.

Directions

Prepare and cook potatoes.

Peel & dice the potatoes + rinse under cool water. Add them to a saucepan + top with water (water should cover the potatoes by about 5 cm).

Add a good pinch of salt to the water.

Bring to a boil, then lower heat to medium-low and let simmer until potatoes are tender (about 15 min.). They should easily break at this point.

Rinse them again, this time under hot water.

And set aside for 5 to 7 min.

Make the garlic paste a food processor,

combine garlic & lemon juice. Add a pinch of salt.

Run the processor until the mixture turns into a paste. (It might be a bit grainy, keep going until you achieve the smoothest paste you can.

It will still have some texture, which is fine).

Mash the potatoes very well.

Use a masher or a food mill to mash the potatoes.

Combine potatoes with olive oil and garlic paste. Here's where the magic happens!

Add about half of the olive oil, but do it one bit at a time while using a wooden spoon to mix the potatoes. Add the garlic and keep adding the olive oil a little bit at a time while using a wooden spoon to mix everything together.

Note: at this point, you can chill the Skordalia to serve at a later time.