

YUMMY NORTHWEST

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IT'S CHIC TO REEK!

Thus proclaims the slogan of the annual Garlic Festival in Ocean Park, Wash. You have to be there to appreciate how true it is.

Unlike Gilroy, the famed garlic capital of California, the Long Beach Peninsula does not produce any more garlic than your average Seattle neighborhood; I suppose some folks grow it in backyard gardens. But the idea of the June festival is to laud the "stinking rose" as a purely culinary delight.

The Ark Restaurant began by hosting a summer food celebration in their parking lot in Nahcotta in 1981. Soon its popularity caused festivities to shift to nearby Ocean Park, and the rest is history.

It's a small fair, but its oceanside location can't be beat. Once you sample everything there, visit Peninsula restaurants for special garlic dinners. The Ark claims to use one pound of garlic per person in their meals.

OK, so you missed it this year; here are some photos to help you plan for next time.

WHAT YOU MISSED AT THE OCEAN PARK GARLIC FESTIVAL

GARLIC FUDGE RIPPLE ICE CREAM

CHOCOLATE-COVERED GARLIC CLOVES

HABANERO PICKLED GARLIC

GARLIC SMOKED SALMON

GARLIC SMOKED OYSTERS

ROASTED PICKLED GARLIC

GARLIC SALSA

GARLIC JALAPENO STUFFED OLIVES

GARLIC JALAPENO MUSTARD

GARLIC BURGERS

ROASTED GARLIC MEATBALL SANDWICHES

GARLIC DOUGHNUTS



GARLIC BULB ↓



↖ GARLIC CLOVES

Doctors recommend one clove a day



Yummy photo

The chocolate-covered variety is easy to swallow. The Ark Restaurant starts by roasting cloves to a sweet softness, then serves them up drenched in Grand Marnier and dipped in Belgian chocolate. Eleanor Roosevelt reportedly ate three chocolate-covered cloves a day.

Or eat it by the wheelbarrow-full



Yummy photo

Each vendor must sell garlic in some form. Here in a garden display is an abundance ready to be roasted, stir-fried, sautéed or covered with chocolate.

HOT GARLIC SOUP DRINK

3 cloves garlic, minced
2 tablespoons oil
2 cups chicken broth
1 egg, slightly beaten
Dash of pepper and a bit of parsley

Sauté garlic in hot oil. Add chicken broth. When very hot, stir in egg, mixing with a fork to create a lace effect. Add pepper to taste and a bit of chopped parsley. A nice mid-day drink to create energy.



- Submitted by Flo Spittler

Cooking with garlic makes you smile



photo by Leslie Phillips

The Ark Restaurant staff always enjoy sharing their unique garlic treats.



To remove garlic odor, rub hands with salt, lemon (juice or rind), or parsley and rinse under cold water. Also try rubbing with a thin paste of baking soda and water. Or rub your hands on the back of a metal spoon. For garlic breath, eat parsley, suck a lemon slice, or chew fennel seed.



Elephant garlic is BIG and mild. Become better acquainted with it at the **Elephant Garlic Festival** in North Plains, Ore., near Portland. Details at funstinks.com.

A toast for roasted garlic!

Possibly the loveliest and certainly the most simple thing you can do with garlic is roast it.

Because it comes out of the oven as soft as butter, you can easily smear it on a chunk of bread torn off a crusty loaf. Or mash it into potatoes ... add it to salad dressing ... cover it with chocolate!

Roasted Garlic

Cut off the top of a garlic bulb and rub top of cut cloves with good olive oil. Sprinkle with salt and pepper and wrap in foil. Place on a baking sheet and roast [at 400 degrees] until soft, about 45 minutes.

- Submitted by Chef Steve

All recipes in this issue of Yummy Northwest are from "The Northwest Garlic Cookbook, Vol. IV," which can be ordered by calling 1-888-751-9354.



Do you wonder where the vampires are?

A study was taken to determine whether vampires are repelled by garlic. Because of the lack of vampires, the researchers used leeches instead. They found that leeches were more likely to attach themselves to a garlic-smearing hand than a clean hand. This study indicates, contrary to the traditional belief, that garlic possibly attracts vampires. The experimental study was done by Tidsskr Nor Laegeforen in 1994.

- As told in the Chinook (Wash.) Observer 2003 Garlic Festival special publication.



Meet the editor



photo by Leslie Phillips

What a day for the staff at Yummy Northwest! A trip to the garlic festival was such a treat in itself, but imagine meeting one of the famed Clove Brothers! Here you see the happy editor, who stopped eating her Garlic Fudge Ripple ice cream cone long enough to give her new friend a hug.

About YUMMY NORTHWEST

Each monthly issue highlights an edible delight available in the Pacific Northwest.

Contact the editor

Comments, corrections, topic ideas and submissions are all most welcome.
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