

Garlic

A little bit of History

Its origins are in Central Asia and is the one of the most ancient plant to be cultivated. The first certain writing of garlic is found in Codex Ebers (1550 b.C.) in a Egyptian papyrus 60 feet long containing hundreds of therapeutic formulas. In the papyrus garlic was inserted in twenty formulas as a remedy against headache, pains and insect punctures. Later in Greece, Ippocrate, the father of the modern medicine, various times suggested the use of garlic. And again Plinio in ancient Rome, in its *Historia Naturalis*, is describing all therapeutic use of garlic and the Roman soldiers were using it as a vermicide. And the XVI century in the book "Erbario di Urbino" we find so many recipes that mix the common medicine with old knowledge. In 1858, Pasteur ascertains that garlic has antibiotic qualities.

Origin of the name and mythology

The english word garlic comes from the old English gar (spear) and the Saxon leac (leek). The Italians call it Aglio: from the Latin Oleo or Halo that means to exhale odor. Maybe for its pungent odor or because it is an excellent protector against so many illness that is used to keep away vampires.

Health benefits

Nature has give us many things to keep us healthy. One of these gifts is garlic.

Daily requirements 1 or 2 cloves every day, cooked or raw.

Use of garlic in medicine:

- * Acts as an antiseptic and helps heal wounds faster;
- * Helps fight various infections and acts against inflammation and infections, including colds and coughs;
- * Protects against cancer;
- * Prevents and alleviates chronic bronchitis, respiratory problems and phlegm;
- * Helps lower blood pressure and cardiovascular problems. Increases levels of high density lipoproteins and reduces bad cholesterol in the blood and keeps the arteries and heart healthy;
- * Is useful for oral asthma, hysteria, scurvy and edema;
- * Makes the blood more fluid, reduces blood clots and helps to control blood pressure and poor circulation;
- * Stimulates immune system;
- * Acts as a nasal decongestant and expectorant;
- * Acts as a cleanser of the digestive system, helps heal flatulence, kills intestinal parasites and is an excellent antiseptic.



Info and Curiosity

Because of its pungent odor, Shakespeare in the play *A Midsummer Night's Dream* did not recommend to the actors to use the garlic, since they were directing sweet words to the public. During the construction of the Pyramid of Giza, the workers eat mostly garlic and onions. During World War I, garlic was used to control wound infection.

Cooking and eating Tips

OK garlic is great for us, but the odor? Well there are so many remedies, some work, others don't: Drink coffee, eat lemon or a candy. The one I love is eat garlic together with the company you are planning to spend the day.... If everybody eats it, nobody can smell it because our brain registers the smell only once and if we eat garlic, our brain already registered it.

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Wine paring

Red wine for sure... Operetta Nero d'Avola and Perricone will clean your mouth beautifully

Recipes

Pasta with Garlic Pasta cu l'agghia

This is my favored recipe in the summer time. Here in Paceco we have the red garlic that is extremely good, the tomatoes just ripe, the extra virgin olive oil that is perfect this time of the year not too strong but with flavour and then capers almonds and cheese....
And a good glass of wine... A real pleasure of the palate.

Prep. Time: 10 minutes

Cooking Time: 15 minutes for the pasta

Difficulty: Very easy

Ingredients for 4 servings:

1 lb of home made pasta or spaghetti
4 cloves of garlic
4 – 6 tablespoons Nonna Angelina's EVOO
8 – 16 peeled almonds
4 large leafs of basil
4 peeled tomatoes
2 tablespoons of capers
Sea salt
4 tablespoons of freshly grated pecorino cheese.



Direction:

Peel the garlic, cut in half and take the inside out (if you prefer a lighter taste). Put the garlic, a pinch of sea salt and the almonds in a mortar and mash. Add the basil leaves and the capers and continue to mash. Add the tomatoes and mash everything until it becomes a smooth cream like paste, finish with the EVOO.

Or if you wish you can put the garlic, salt and almonds in a blender and blend for 30 seconds, then add tomatoes, basil, capers and 3 tablespoons of EVOO and blend for another 30 seconds. If you blend everything together, sometimes the garlic and the almonds remain unblended.

When the pasta is cooked al dente, drain put it in a bowl, mix in the pesto with the remaining EVOO add the pecorino cheese mix and serve.

Buon appetito!

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