

How To Make Low FODMAP Garlic-Infused Oil Small and Large Batch Methods

Garlic contains fructans (part of the O for oligosaccharides in FODMAP) that leach into water as you cook. If you make a soup or sauce, add garlic cloves for flavor and then remove them before serving, some of the fructans remain and oftentimes cause a digestive upset. The good news is that fructans are not oil soluble. When garlic pieces are sautéed in oil and then removed, the FODMAPs have not leached into the oil and you are left with flavorful, properly infused garlic oil!

In addition, oil is a fat and contains no FODMAPs, therefore you can choose whatever pure oil you like for the recipe such as canola, olive or vegetable. Therefore, we do not have to be as concerned with serving sizes, however, if you are one of those with IBS who are triggered by fat, watch your portions and eat to your personal tolerance.

The two preparations I use are to; infuse small amounts of oil as I'm cooking, or make a large batch to keep in the fridge and use as needed.

For example, the Eggs From Hell recipe in the cookbook calls for 2 tablespoons (30 ml) of Low FODMAP Garlic-Infused Oil, so I use the Small Batch Method that takes less than 10 minutes to infuse, discard the garlic pieces and finish up my flavor-packed recipe. Also, while Eggs From Hell requires 2 tablespoons, I prefer to make 3 because some of the oil is lost while draining and transferring back to the pan.

The Large Batch Method is convenient when preparing several recipes for weekly meal prep, for Char Grilled Chimichurri Oysters that calls for 1/3 cup (80 ml) of infused oil, or just having on hand ready-made.

Either way, be sure to use your infused oil within 3 days, and pay close attention to storage recommendations for safety as explained in the Large Batch Method on the following page.

SMALL BATCH METHOD: MAKES 3 TABLESPOONS (45 ML):

1. Peel 2 garlic cloves and slice into 4 pieces each.
2. Heat 3 tablespoons (45 ml) extra virgin olive oil, canola, pure olive oil or unseasoned oil of your choice over medium heat in a small saucepan.
3. Reduce heat to simmer and add the garlic. Sauté until they are just light brown. Overcooking to dark brown will result in a bitter flavor.
4. Pour the oil through a fine mesh metal strainer into a small heatproof bowl or measuring cup.
5. Be sure to discard all the garlic pieces from the oil before adding any other ingredients and proceeding with your recipe.
6. Use right away, or cool first as required



LARGE BATCH METHOD: MAKES 1/2 CUP (120 ML):

1. 1/2 cup (120 ml) unseasoned oil of your choice: canola, olive, vegetable, etc.
2. 5 peeled garlic cloves, sliced into 4 pieces each
3. Rinse an airtight container with a lid with boiling water and allow it to completely dry.
4. Heat the oil over low-medium heat in a small saucepan until it comes to a low simmer, but do not bring to a boil; add the garlic slices. Simmer gently for 10 minutes, stirring occasionally, or until the garlic slices are just turning light golden brown. Take care as overcooking to dark brown will result in a bitter flavor. Remove from heat. Let cool and infuse for 1 hour.
5. Pour the oil through a fine mesh metal strainer into the sterilized container; cool and secure the lid. Discard the garlic pieces. Mark the container with the date of infusion and use within 3 days; keep refrigerated. After 3 days there is a botulism risk. Infused oils can also be frozen in ice cube trays, then flexed into freezer baggies and stored in the freezer for up to 3 months.

Tip: Both methods also work for making LoFO Onion-Infused Oil as well; for 1/2 cup (120 ml) oil use 10 thin slices (approx. 30 g) of onion. For 3 tablespoons (45 ml) oil, use 4 thin slices (approx. 12 g) of onion.

