



Nutritious, Delicious, Wisconsin!

## GARLIC ■ QIJ



Purple Stripe Garlic  
(Hardneck variety)



White Garlic  
(Softneck variety)



### HMooB Varieties

- Purple Stripe Garlic,  
Qij Liab/Qij Txaij
  - Hardneck varieties
  - Softneck varieties
- White Garlic, Qij Dawb
  - Hardneck varieties
  - Softneck varieties



Purple Stripe Garlic  
(Softneck variety)

## TASTE & TRADITION



Whole, unpeeled **garlic bulbs** can last for several months if stored in a cool, dry place with good airflow. In HMooB cooking, both raw and fried garlic are used often for their bold flavor. Fried garlic is especially popular as a garnish. It adds crunch and a rich taste to many dishes.

## RECIPE

### Garlic Chili Oil Sauce (Kua Txob Qij Xyaws Roj)



#### Directions

1. Heat the oil over medium-low heat.
2. Add finely chopped garlic. Stir constantly so it doesn't stick or burn.
3. Cook until the garlic turns yellow (not brown).
4. Add chili flakes and salt. Stir for about 1 minute.
5. Turn off the heat or remove the pan. Continue stirring for 2-3 minutes.
6. The garlic should turn golden brown, and the oil will turn a bright red-orange color.
7. Let the mixture cool, then pour it into an air-tight container or jar.
8. Use this flavorful oil as a topping for your favorite meals, like pho or noodle soups!

#### Ingredients

- 3 cups oil (vegetable, canola, peanut, etc.)
- 1 cup crushed red chili pepper
- 20 cloves of garlic
- 2 teaspoons salt
- Optional: shallots, star anise, cinnamon stick, bay leaves, or other spices you like.



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