



Consuming raw garlic may significantly reduce the risk of lung cancer

Garlic has long been known for its health-giving properties. Boosting immunity, reducing high blood pressure, lowering cholesterol, and beating off E. coli, are but a few things in its healing battalion. In fact, even the World Health Organisation's guideline for general health promotion for adults is a daily dose of 2g- 5g of fresh garlic (approximately one clove).

If that information alone isn't enough to have you grabbing for the nearest garlic clove, you may be interested to learn that a study conducted in China recently surfaced suggesting that, when eaten raw, garlic could nearly halve the risk of lung cancer. The Jiangsu study in question intimates that those who consume raw garlic twice a week are 44% less likely to suffer from lung cancer.

The plant's compound, allicin, that offers antibiotic and anti-fungal defence against pests, is what is believed to be the very thing that offers health benefits to humans. It is released when a garlic clove is crushed or chopped. However, the allicin is more or less destroyed when cooked or pickled in vinegar. So, to enjoy garlic's health benefits, most medical studies insist it should be consumed raw. Here are some recipe suggestions to make a daily allowance of raw garlic very achievable:

BRUSCHETTA

Crush at least one clove with the blade of a knife or garlic crusher and spread it on piece of crusty, toasted bread, pile on chopped-up raw tomatoes, and drizzle with generous amounts of olive oil, salt, pepper and basil.

CLASSIC PESTO

30g pine nuts
Large bunch of fresh basil leaves
2 large garlic cloves, peeled
6 tablespoons olive oil
Juice of $\frac{1}{4}$ lemon
30g Parmesan, grated
Sea salt to taste

- Lightly toast the pine nuts in a frying pan until they are pale golden brown.
- Put the toasted pine nuts and remaining ingredients, except the Parmesan, in a food processor and pulse until the desired consistency is reached.
- Stir in the grated Parmesan and add salt to taste.

AIOLI

3 large garlic cloves, peeled
2 free-range egg yolks
1 tablespoon Dijon mustard
300ml olive oil
Juice of $\frac{1}{4}$ lemon
Salt and freshly ground black pepper to taste

- Using a pestle and mortar, crush the garlic with a pinch of salt to form a paste.
- In a bowl, whisk the garlic, egg yolks and mustard until well combined.
- Add the olive oil in a steady stream and whisk until all the oil is absorbed and the mixture has thickened.
- Add a squeeze of lemon juice and season to taste. If you'd like to use the aioli as a sauce, whisk in a few drops of warm water to make it runnier.

Information & recipes courtesy of The Telegraph