

# BLACK GARLIC

Black garlic is made when heads of garlic, or separated cloves, are aged in an environment of controlled humidity (80 to 90%) at temperatures ranging from 140 to 190 °F for 15 to 90 days, a process called the Maillard reaction. No additives or preservatives are used and there is no burning of any kind.



The enzymes that give fresh garlic its sharpness break down. The cloves turn black and develop a sticky date-like texture.

In black garlic, the distinct pungency of fresh garlic is softened such that it almost or entirely disappears, and the garlic develops a slight tang of tamarind or balsamic vinegar and a mild sweetness that resembles rich molasses with the complexity and umami notes of soy sauce. Its flavor is dependent on that of the fresh garlic that was used to make it. Garlic with a higher sugar content produces a milder, more caramel-like flavor, whereas garlic with a low sugar content produces a sharper, somewhat more acidic flavor. During heating, the garlic turns black in color well before the full extent of its sweetness is able to develop. Black garlic's softness increases with water content.

Black garlic can be found on menus everywhere. It has been used for flavor and traditional medicinal purposes and in a variety of Asian cuisines for centuries. Black garlic cloves can be easily chopped, smashed, or pureed and are ideal for stirring into soups, stews, pastas, and sauteed vegetables. It is a beautiful addition to any cheese plate, bruschetta, chicken dishes, or even as a pizza topper. It also gives that extra something to a homemade vinaigrette. Keep in mind that its flavor is milder, so we recommend to taste as you add.

## MEDITERRANEAN LENTIL SALAD WITH BLACK GARLIC VINAIGRETTE



### INGREDIENTS

- 1/2 cup dry lentils
- 1 1/2 chopped bell peppers
- 5 tbsp chopped olives
- 5 small pickles/baby gherkins, chopped
- 4 tbsp of chopped sun-dried tomatoes
- 2 tbsp olive oil
- 2 tbsp black garlic paste
- 1-2 tbsp apple cider vinegar, to taste
- 4 tbsp parsley leaves, freshly chopped
- Salt & pepper to taste

### INSTRUCTIONS

1. *Make the black garlic paste.* Place the black garlic in a food processor (start with 3-4 cloves and adjust as needed). Process until the garlic is a smooth, thick paste. You will need to stop the food processor several times and scrape down the sides of the bowl.
2. Cook the lentils per the instructions on the packaging, making sure to drain all the liquid.
3. Combine all the ingredients in a large mixing bowl and enjoy!

### \*Notes:

1. For the bell peppers, using different color peppers adds vibrance to the salad.
2. For the olives, you can use a mix of black and green olives.

# BLACK GARLIC PROPER BURGER WITH POTATO WEDGES



## INGREDIENTS

- 2 medium potatoes
- Vegetable oil
- Salt & pepper
- 2/3 lb ground beef
- 6 cloves black garlic, chopped
- 2 brioche rolls

## INSTRUCTIONS

1. Preheat the oven to 425°. Cut the potatoes lengthways into wedges with the skins on. Add them to an oven-proof tray, drizzle with 1-2 tbsp vegetable oil and season generously with salt. Put them in the oven for 30 min or until crisp.
2. Chop the black garlic as finely as you can. (It will be squidgy!).
3. Combine the ground beef and black garlic in a bowl and season generously with salt and pepper. (You want the black garlic to be evenly distributed throughout the mixture.)
4. Massage the beef mixture with clean hands for a minute (this helps the burgers hold their shape whilst cooking). Divide and shape the beef mixture into 2 patties (make them slightly larger than the width of the brioche rolls as they shrink when they cook).
5. Fry the patties until they are brown on both sides. Heat the brioche rolls and build your burger.

# BLACK GARLIC- DARK CHOCOLATE AND VANILLA BEAN- WHITE CHOCOLATE MARBLE BROWNIES



## INGREDIENTS FOR VANILLA BEAN WHITE CHOCOLATE BATTER

- 7 oz white chocolate
- 1 stick unsalted butter
- 3/4 cup granulated white sugar
- 2 large eggs
- 1 1/4 cup all purpose flour
- 1/2 tsp baking powder
- 1/2 tsp sea or kosher salt
- 1 tsp vanilla extract
- 1 vanilla bean

## INGREDIENTS FOR BLACK GARLIC DARK CHOCOLATE BATTER

- 7 oz bittersweet chocolate
- 1 stick unsalted butter
- 3/4 cup granulated white sugar
- 2 large eggs
- 1 1/4 cup all purpose flour
- 1/2 tsp baking powder
- 1/2 tsp sea or kosher salt
- 1 black garlic head

## INSTRUCTIONS

1. Preheat an oven to 350° F and lightly spray a 9 inch x 13 inch baking pan with neutral flavored oil. Line the pan with a sheet of parchment paper that overhangs the edges by 2 inches (the spray will help it stick to the pan).
2. Chop the white chocolate into 1/4 inch pieces and place in a medium sized microwaveable bowl. Add the butter and microwave for 30 seconds. Stir and microwave again for 30 seconds. Take the bowl out and stir until all the white chocolate is melted. White chocolate scorches easily so be careful. You can also use a double boiler to melt the white chocolate. *(continued on back)*

## INSTRUCTIONS FOR BROWNIES *(continued)*

8. Once the white chocolate is melted, stir in the white sugar until incorporated. Add the eggs one at a time, beating with a fork until incorporated. Add the flour, baking powder, salt and beat until incorporated. Split the vanilla bean lengthwise and scrape the seeds into batter, reserving the vanilla pod for another purpose. Add the vanilla extract as well and stir to incorporate. Set aside while you make the dark chocolate batter.
9. Chop the dark chocolate into 1/4 inch pieces and place in a medium sized microwaveable bowl. Add the butter and microwave for 30 seconds. Stir and microwave one more time for 30 seconds. Stir until all the chocolate is melted. If you have any stubborn pieces that won't melt after stirring, place it back in the microwave for 15 seconds more. You can also use a double boiler to melt the dark chocolate.
10. Once the dark chocolate is melted, stir in the brown sugar until incorporated. Add the eggs one at a time, beating with a fork until incorporated. Add the flour, baking powder, salt and beat until incorporated.
11. Take the head of black garlic and cut the top off with a sharp knife. Remove the cloves of black garlic from its skin, and place in a small bowl or onto a cutting board. Mash the black garlic until it is a paste and beat it into the dark chocolate batter.
12. Spoon the white chocolate and dark chocolate batter into the prepared pan, alternating spoonfuls. Using a butter knife, swirl the batter around to marble them together. Don't over-mix, you want the batter to be marbled not blended. Place in oven and bake for 25 to 30 minutes, or until a toothpick inserted into the middle of the pan comes out clean and the edges of the pan start to look golden brown. Cool in the pan and then remove by grasping the parchment paper by its sides and lifting the brownies straight up.