



Black Garlic-Commercial

Ingredients

- Garlic Heads

Equipment

- Temperature controlled equipment (combination oven, dehydrator, sous vide, etc).
- High Temperature Resistant Oven Bags

Directions

1. Gently clean off dirt and extraneous matter. Lightly wash the garlic heads
2. Take off outer garlic skin. Let garlic dry at room temperature.
3. Place garlic heads in a heat safe bag and seal.
4. Place in a temperature-controlled piece of equipment. This could be a Combination Oven, Dehydrator that can maintain temperature, sous vide equipment.
5. Place bag of garlic heads in equipment for 12-14 days at 160F.
6. After 12 to 14 days, take the garlic out and cool to room temperature.
7. Store in a sealed container in the refrigerator for up to 2 months. You can also freeze



Black Garlic-Home Use

Ingredients

- Garlic Heads

Equipment

- Rice cooker with “keep warm” function
- Aluminum Foil
- Spray Bottle (optional)

Directions

1. Gently clean off dirt and extraneous matter. Lightly wash the garlic heads
2. Take off outer garlic skin. Let garlic dry at room temperature.
3. Place garlic heads in aluminum foil, spritz with about 1 Tablespoon of water and tightly wrap.
4. Place foil-wrapped garlic in a rice cooker and store in the “Keep Warm” (145-150F) for at least 16 days.
5. Every couple of days, check the garlic to see if it is drying out. If it is, gently spray water over the garlic heads, and rewrap the garlic in foil. function for in a temperature-controlled piece of equipment.
6. After 16 days, the garlic should have changed color. Taste one of the garlic cloves. It should have a sweet notes with the texture of figs. If there are bitter notes, the garlic may have either dried out too much or kept at too high a temperature.
7. Take the garlic out and cool to room temperature.
8. Store in a sealed container in the the refrigerator for up to 2 months. You can also freeze