



Black Garlic Paste

Serves:	Prep Time:	Cooking Time:	Calories:	Skill Level:
½ cup	10 MIN	6 HOUR		10

Black garlic paste is a rich and flavorful ingredient made from fermented garlic that develops a sweet, deep, and slightly tangy taste. It has a soft texture and is often used in gourmet cooking. This easy recipe shows how to turn black garlic into a smooth paste that can be used in sauces, spreads, and marinades. It adds a unique umami flavor to many dishes.

Ingredients

- 6-8 cloves black garlic
- 1-2 tablespoons olive oil or water

Recipe Summary

- Prep Time: 5 minutes
- Cook Time: 0 minutes
- Total Time: 5 minutes
- Servings: ~½ cup
- Course: Condiment

- Cuisine: Gourmet / International

Cooking Method

Instructions

1. Peel black garlic cloves.
2. Place in a blender or food processor.
3. Add olive oil or water gradually.
4. Blend until smooth and paste-like.
5. Adjust consistency as needed.
6. Transfer to a jar and store.

Cooking Tips

- Add liquid slowly to control texture
- Use high-quality black garlic for best flavor
- Blend thoroughly for a smooth paste

Variations

- Add soy sauce for umami depth
- Add lemon juice for brightness
- Mix with butter for a spread
- Add chili for a spicy version

What to Use Black Garlic Paste On

- Meat and marinades
- Pasta and noodles
- Sauces and dressings
- Sandwiches and spreads

Storage

Store in an airtight container in the refrigerator for up to **1-2 weeks**.

Reheating

Not required.

Frequently Asked Questions

What does black garlic taste like?

Sweet, slightly tangy, and rich in umami.

Is black garlic fermented?

Yes, it's aged under controlled heat and humidity.

Can I make black garlic at home?

Yes, but it takes several weeks.

Recipe Author

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