



Garlic Cream Sauce

Serves:	Prep Time:	Cooking Time:	Calories:	Skill Level:
4 People	5 MIN	12 MIN		8

Garlic cream sauce is a rich and smooth sauce made with butter, garlic, and cream. It has a velvety texture and a deep, savory flavor that pairs perfectly with pasta, chicken, seafood, and vegetables. This easy homemade recipe comes together quickly and creates a restaurant-quality sauce using simple ingredients. It's perfect for adding a creamy, garlic-rich touch to your favorite dishes.

Ingredients

- 2 tablespoons butter
- 3-4 garlic cloves, minced
- 1 cup heavy cream
- ¼ cup grated parmesan cheese (optional)
- Salt and pepper to taste
- 1 tablespoon fresh parsley (optional)

Recipe Summary

- Prep Time: 5 minutes
- Cook Time: 10-12 minutes

- Total Time: 15-17 minutes
- Servings: 4
- Course: Sauce / Condiment

Cooking Method

Instructions

1. Melt butter in a pan over medium heat.
2. Add minced garlic and sauté for **1-2 minutes** until fragrant.
3. Pour in the heavy cream and stir well.
4. Simmer for **5-7 minutes** until slightly thickened.
5. Add parmesan cheese if using and stir until melted.
6. Season with salt and pepper.
7. Garnish with parsley and serve warm.

Cooking Tips

- Use low to medium heat to prevent curdling
- Stir continuously for a smooth texture

- Add cheese gradually for better melting

Variations

- Add mushrooms for a creamy mushroom garlic sauce
- Add chicken or shrimp for a complete dish
- Use roasted garlic for a sweeter flavor
- Add chili flakes for spice

What to Serve with Garlic Cream Sauce

- Pasta
- Chicken or seafood
- Vegetables
- Rice or mashed potatoes

Storage

Store in an airtight container in the refrigerator for up to **3 days**.

Reheating

Reheat gently over low heat, stirring continuously.

Frequently Asked Questions

Can I use milk instead of cream?

Yes, but the sauce will be thinner.

Why is my sauce too thick?

Add a little milk or water to adjust consistency.

Can I make it dairy-free?

Yes, use plant-based cream alternatives.

Recipe Author

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