



Garlic Chili Oil

Serves:	Prep Time:	Cooking Time:	Calories:	Skill Level:
1 Cup	5 MIN	5 MIN		8

Garlic chili oil is a bold and aromatic condiment made by infusing hot oil with garlic and chili flakes. It delivers a perfect balance of heat, flavor, and richness that enhances a wide variety of dishes. This easy homemade version creates crispy garlic pieces and a deeply infused oil that can be used as a topping, dip, or cooking ingredient. It's especially popular in Asian cuisine and adds instant flavor to noodles, dumplings, and rice dishes.

Ingredients

- ½ cup oil (vegetable, canola, or neutral oil)
- 4-5 garlic cloves, finely chopped
- 2 tablespoons chili flakes
- 1 teaspoon sesame seeds (optional)
- ½ teaspoon salt

Recipe Summary

- Prep Time: 5 minutes

- Cook Time: 5 minutes
- Total Time: 10 minutes
- Servings: ~1 cup
- Course: Sauce / Condiment
- Cuisine: Asian-inspired

Cooking Method

Instructions

1. Heat oil in a pan until hot but not smoking.
2. Place garlic, chili flakes, sesame seeds, and salt in a heatproof bowl.
3. Carefully pour the hot oil over the mixture.
4. Stir gently and let it cool completely.
5. Transfer to a jar and store.

Cooking Tips

- Do not overheat oil to avoid burning garlic
- Use finely chopped garlic for better texture
- Let oil cool fully before storing

Variations

- Add soy sauce for extra depth
- Add sugar for a slight sweetness
- Use Sichuan peppercorns for numbing spice
- Add ginger for additional flavor

What to Serve with Garlic Chili Oil

- Noodles
- Dumplings
- Rice dishes
- Stir-fries
- Eggs

Storage

Store in an airtight container at room temperature for up to **1 week**, or refrigerate for longer shelf life.

Reheating

Not required. Use as is.

Frequently Asked Questions

Can I use olive oil?

Better to use neutral oil for authentic flavor.

How spicy is chili oil?

Adjust chili flakes to control heat.

Can I make it less spicy?

Yes, reduce chili flakes.

Recipe Author

Mary Thompson

Generated on: Jul 11, 2026 02:55

Downloaded from iheartgarlic.com

