Garlic

*Allium sativum*

WCC Sustainability Council
Food and Agriculture
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History

- Garlic is closely related to other Alliums
  - These include Onions, Shallots, Leeks, Elephant Garlic, Ramps, and Chives
- Garlic is native to central Asia and has been consumed for over 7,000 years
- It has been used as a food & medicine
  - Helps with high levels of cholesterol, can help with digestive problems
  - In 1875 Doctor Albert Schweitzer successfully fought an outbreak of dysentery in Africa using only garlic
  - It was used in World War I and II as an antiseptic to prevent gangrene
Tips for Cooking Garlic

• The smaller the clove, the stronger the flavor

• The smaller you chop it, the stronger the flavor
  • Garlic cells contain an enzyme called *allinase*, when the cell wall is breached/cut the enzyme breaks down a sulfur-rich amino acid called *alliin*
  • This produces a new compound *allicin*, which produces garlic’s strong odor and taste

• The longer you cook it, the sweeter and more mild the flavor

• When cooking, a light brown color is ideal but if it burns there’s no recovery
Selecting Garlic

- Look for a head that is heavy for its size and firm
- The paper should be in tact and taut all the way around
- Garlic should be stored in a cool, dry, well ventilated area
  - Avoid garlic in coolers and under misters at the grocery stores
- The cloves should have a pure white center
  - If the center sprout has turned green, the garlic will be bitter
- Avoid garlic that has black powder – this means mold
Cooking Garlic

• I am going to focus on recipes that show off garlic’s different flavor profiles
• Raw Applications
  • Pesto (basil, pinenuts, parm), Aioli (oil, egg yolk), Tzatziki (yogurt, dill, lemon)
• Lightly Cooked Applications
  • Infused Dipping Oils, Cooking Oils, Soup/Sauce Base,
• Roasted Applications
  • Dips, Dressings, Condiments, Mashed Veg (potatoes), Chicken with 40 Cloves
Raw Garlic Applications

• Garlic can be delicious in its raw state
• Need to be careful not to use too much
  • It can become spicy and overpower the palate
• It needs to be chopped fine, as to not bite into a large piece
  • Or it can be made into a paste, which will distribute more evenly
  • But remember, the smaller the pieces, the more potent the flavor
• Sample – Garlic Bread and Garlic Paste
Lightly Cooked Garlic Applications

• This is probably the most common state in which we consume garlic
• Looking for slightly browned edges – nothing burnt
• Blessing the Oil
  • To flavor cooking oil – put 1 whole clove in the oil and cook until lightly browned
  • This will flavor the oil without bringing pieces of garlic to the dish
• Sample – Garlic and Herb Oil
  • Can be used for dipping, sautéing, dressings
Roasted Garlic Applications

• Brings the sweetness out of garlic
  • Converts the starches into sugars

• Simple Recipe
  • Cut ¼” off of the top of the garlic head
  • Drizzle with oil, wrap in foil, and bake in a 350°F for 55 minutes
  • The cloves should be tender and the skins should be lightly browned

• Can be used as a spread, dressing, or a flavorful ingredient
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Thank You!!!