



Little Black Garlic Book

The ultimate flavour-packed fine food ingredient



Gourmet Recipes • Fast 'n Fab • The Story of Garlicious® Grown Black Garlic



black garlic compound butter

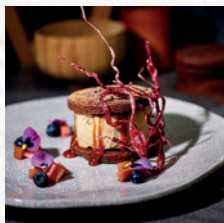


Little Black Garlic Book

The ultimate flavour-packed fine food ingredient

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*warmed bulb
with
goats labneh*



It's garlic, but not as you know it. Rich, dark and delicious, Garlicious® Grown black garlic is an ingredient for the everyday cook to make dishes more interesting, more fun and even tastier. Black garlic is garlic that has been naturally transformed to change not just its colour and texture but also its flavour. Gone is the pungent tang, replaced with a sweet mellow flavour that is reminiscent of molasses and caramel. The sharpness of raw garlic has been replaced by a lingering sense of deliciousness, a sensation the Japanese refer to as umami. This all happens without the use of any additional ingredients, chemicals or enzymes.

Garlicious® Grown black garlic starts life as quality hard-necked garlic grown in Braidwood in the New South Wales Southern Tablelands about an hour from Canberra. It's grown by farming friends and business partners Jenny Daniher and Cathy Owen. They were growing garlic for themselves, friends and family but realised they needed to take their endeavours a little more seriously. Growing commodity garlic didn't offer enough return for the amount of hard work that goes into planting the bulbs in autumn and harvesting in summer, along with the organic style of hand weed control and application of compost fertiliser. They needed to value add. They decided on creating a brand of black garlic. The process involves taking only the best quality garlic and placing it in a special chamber at high humidity but low temperature for 30 days. During this period oxidation takes place and the chemistry inside each separate clove of garlic changes naturally. The strong garlic aromas are transformed into compounds that taste delicious; starch turns to sugars and the fructans decrease. Most importantly, the colour turns from white to black.

It is this distinctive change that makes Garlicious® Grown black garlic such a standout in the kitchen. The black colour makes it a dramatic addition to any dish and the savoury flavour enhances dishes from fish to beef. It has been a traditional ingredient in Korean cooking for centuries, where it is celebrated for its health-giving properties. There it is served with kim chi and cooked with noodle dishes adding both an earthy note and a natural sweetness. Australian chefs and home cooks have embraced black garlic, mixing it with something as simple as butter



in a food processor to slather over steamed vegetables or dab onto a seared steak. Black garlic has been added to slow braises for lamb and beef cheeks, where it acts like nature's stock cube giving an underlying sense of savouriness alongside that sweet aromatic note. Black garlic teams brilliantly with vegetable dishes, where it works with earthy notes in potatoes, cauliflower and lifts the entire dish with its aroma and what some people describe as 'yumminess'. Black garlic can be a surprise ingredient with dark chocolate desserts.

While we are big fans of Garlicious® Grown black garlic at *Essentials*, we are not the only ones. Some of Australia's best chefs have been using Garlicious® Grown black garlic including Tony Panetta at the International Convention Centre in Sydney, where he has been showcasing the ingredient to delegates from around the globe. Janet Jeffs from Ginger Catering at the National Arboretum in Canberra uses the product as do the chefs at the *Good Food Guide* hat winning restaurant Flower Drum in Melbourne.

Garlicious® Grown black garlic is available peeled and unpeeled and as a ready-to-use powder that can be sprinkled over dishes or added to stocks and sauces to add flavour to everyday cooking.

For a list of stockists, or to buy online, visit: garliciousgrown.com.au



*charred
heirloom carrots*

Charred Heirloom Carrots

black garlic vinaigrette, honey toasted seeds and nuts

10 mixed-colour heirloom carrots, peeled, washed and blanched
note: larger carrots should be cut in half lengthways, allowing for even cooking time
extra virgin olive oil

Garlicious® Grown caramelised black garlic cloves, peeled
baby bok choy leaves
raw honeycomb to garnish

Method

1. Using a hot griddle pan, lightly drizzle with extra virgin olive oil and grill carrots until charred in colour.
2. Remove from heat and set aside.

Toasted Honey Seeds and Nuts

4 tbsp pepita seeds
4 tbsp sesame seeds
4 tbsp nigella seeds
4 tbsp chopped hazelnuts
2 tbsp Australian honey

Preheat Oven to 160C

Method

1. In a small bowl, mix together nuts and seeds.

2. Line an oven tray with baking paper and evenly spread the nuts and seeds over the paper.

3. Drizzle honey evenly over the nuts and seeds, mix and bake until lightly golden, approximately 6-8 minutes.

4. Remove the toasted nuts and seeds from the oven and allow to cool. Set aside.

Black Garlic Vinaigrette

5 Garlicious® Grown black garlic cloves, peeled
½ cup extra virgin olive oil
¼ cup red wine vinegar
1 tsp freshly picked thyme leaves
1 small golden shallot, roughly chopped
salt and pepper to taste

Method

Place 4 black garlic cloves (1 reserved for garnish) and all other ingredients into a bar blender and blend on high speed until smooth. Season to taste.

To Serve

Arrange the charred carrots in the centre of a serving plate, roughly layered. Lightly drizzle the black garlic vinaigrette over the carrots. Dress the plate with clumps of toasted honey seeds and nuts. Garnish with one sliced black garlic clove, baby bok choy leaves and raw honeycomb pieces.

*black garlic aioli
recipe over page*

Rib Eye Steak

with black garlic smear, black garlic and rosemary powder pont neuf, glazed shallots and fresh watercress

Glazed shallots

1 tbsp extra virgin olive oil
20g unsalted butter
300g golden (French) shallots, peeled
1 bay leaf
1 sprig thyme
1 sprig rosemary
¾ cup quality Australian red wine
¼ cup quality Australian port
1 tsp sugar
½ tsp black peppercorns
Salt for seasoning

Method

1. Using a heavy-base frying pan, warm the oil and butter over a medium heat.
2. Add the shallots, bay leaf, thyme, rosemary and black peppercorns to the pan and stir for five minutes.
3. Add the red wine, port and sugar and increase heat and bring to the boil.
4. Reduce heat to low and simmer for 10-15 minutes, stirring occasionally.
5. The shallots will become tender at this stage and the liquid will have reduced to a thick sticky consistency.

6. Season with salt, remove from heat and set aside for serving.

Black Garlic and Rosemary Powder Pont Neuf

4 medium-sized desiree potatoes
Sunflower oil for frying
Salt flakes and Garlicious® Grown black garlic and rosemary powder for seasoning

Method

1. Peel potatoes and square off the ends.
2. Cut lengthwise into 4-6 wedges (see photo).
3. Bring a large pot of lightly salted water to boil.
4. Add the prepared potatoes and cook for 8-10 minutes, or until just tender. Strain.

5. Fry the parboiled potatoes wedges in hot sunflower oil, cook until golden and crispy.

6. Drain well and place wedges on absorbent paper towel.

7. Prepare a seasoning mix using a 50/50 mix of salt flakes and Garlicious Grown® black garlic and rosemary powder.

8. To serve, stack the potato wedges to form a bridge-like structure, season well with salt flakes and black garlic and rosemary powder.

To Serve

350g aged rib eye steak on the bone
Fresh watercress
glazed shallots
Garlicious® Grown caramelised black garlic cloves, peeled
black garlic and rosemary powder pont neuf

Grill the rib eye steak to your liking, allow to rest. Just prior to serving, smear 2-3 caramelised black garlic cloves across the top of the steak. Serve with freshly washed and well-drained fresh watercress, a side of glazed shallots and black garlic and rosemary powder pont neuf.

Black Garlic Aioli

8 Garlicious® Grown black garlic cloves, peeled
2 egg yolks
1 tsp Dijon mustard
1 tbsp lemon juice
1 cup extra virgin olive oil
1 Spanish squid ink, single-serve sachet (optional for colour)
salt and pepper

Method

1. In a food processor, add black garlic cloves, egg yolks, Dijon mustard, lemon juice and squid ink. Process until well combined.
2. With the food processor running, slowly drizzle in the extra virgin olive oil. As you do this, the mixture will begin to thicken into an aioli consistency.
3. Season to taste, mix well.



black garlic & rosemary powder pont-neuf



*black garlic
sour dough bread*

Black Garlic Sourdough Bread

Makes 2 loaves

4 cups robust white bread flour
3 cups basic sourdough starter
1½ tsp salt
8 large Garlicious® Grown black garlic cloves, peeled
10g squid ink (optional, for colour)
Extra virgin olive oil

Basic Sourdough Starter

3 cups plain all purpose flour
3 cups warm water
1½ tbsp active dry yeast
1 tsp sugar

Method

1. In a large bowl, combine warm water, yeast and sugar. Allow to sit at room temperature for 5-8 minutes until the yeast becomes foamy.
2. Add the flour and stir vigorously with a wooden spoon until all ingredients are combined.
3. Cover the bowl with a damp cloth and allow to rest in a warm environment for 8-12 hours. The mixture will become bubbly as the yeast begins to activate.

Preheat oven to 200C

Black Garlic Sourdough Bread Method

1. In a KitchenAid mixing bowl, combine flour, sourdough starter, salt, peeled black garlic cloves and squid ink.
2. Using a dough hook attachment, knead on a medium speed until a dough ball has formed and no longer sticks to the sides the bowl (this should take 5-8 minutes).
3. Remove the dough and place into a lightly oiled bowl. Cover with a damp cloth.
4. Place the bowl in a warm environment and allow dough to prove for one-and-a-half hours or until doubled in size.
5. Turn the dough out onto a lightly floured work surface and gently knead with hands.

6. Divide the dough into two equally sized balls and gently knead to shape into small circular loaves.

7. Place formed dough on a lined baking tray, large enough to hold two baked loaves. Cover with a damp cloth and rest for one hour in a warm environment.

8. With a sharp serrated knife, slice three evenly spaced deep cuts into the top of each loaf.

9. Spray each loaf lightly with water and place into the hot oven.

10. Bake for approximately 60 minutes, until a golden crust develops. When ready the bread should produce a hollow sound when tapped at its base.

11. Remove the loaves from the oven and allow to cool on a wire rack.

Black Garlic Compound Butter

250g unsalted butter, warmed to room temperature
2 tbsp fresh thyme leaves, chopped
zest of 1 lemon
3 large Garlicious® Grown caramelised black garlic cloves, peeled
1 pinch Murray River salt flakes

Method

1. Using a KitchenAid with paddle attachment, whip butter until light, fluffy and pale in colour.
2. Use a spatula to fold through the thyme, lemon zest and black garlic cloves until well incorporated.
3. Season to taste with salt flakes and fold through.
4. Line 2 mini loaf tins with cling wrap and transfer the butter mixture evenly between them.
5. Gently press the butter into the tins to form the ideal shape.
6. Cover and refrigerate until firm.



*Squidward
the octopus*



Poulet aux 40 Gousses d'ail

(40 Clove Chicken)

1 large free range chicken
2 lemons
50g black garlic compound butter (see recipe page 11)
2 bay leaves
8 sprigs thyme
4 large sprigs rosemary
30 Garlicious® Grown caramelised black garlic cloves, peeled
10 fresh (white) garlic cloves, unpeeled
4 tbsp extra virgin olive oil
3 small brown onions, halved
2 lemons, halved
Sea or Murray River salt flakes and Garlicious® Grown caramelised black garlic powder
300ml chicken stock
100ml white wine

Preheat oven to 180C

Method

1. Using your fingertips, gently massage a generous amount of black compound butter under the skin of each chicken breast.
2. Place half a lemon, bay leaves, 2 sprigs of thyme, 1 sprig of rosemary and 2-3 caramelised black garlic cloves into the cavity of the chicken.
3. Tie the chicken legs together with kitchen twine, to secure the flavourings placed inside the cavity.
4. Gently rub extra virgin olive oil all over the outside of the chicken and season with salt flakes and a generous amount of black garlic powder.
5. Using a deep oven tray, place the remaining ingredients as the base and top with the prepared bird.
6. Place in the oven and roast for approximately one hour, turning the tray 180 degrees after 30 minutes, ensuring even cooking and colouring.
7. After one hour, check the chicken for a golden-crusted skin; allow to cook for a further 15 minutes if required.

8. Remove the chicken from the oven and set aside to rest for ten minutes prior to serving, ensuring onions and all caramelised black garlic cloves are plated up.

Warmed Black Garlic Bulb

with goats labneh spiced saffron oil and black garlic salted flat bread

Goats Labneh

4 cups (1kg tub) Meredith Dairy goat yoghurt
pinch Murray River salt flakes
cheese cloth for straining

Method

1. Set a large sieve over a medium-size bowl for draining.
2. Line the sieve with cheese cloth.
3. Place the goat yoghurt into the lined sieve and season with Murray River salt flakes.
4. Gather up the edges of the cheese cloth to cover the yogurt.
5. Twist the ends of the cloth together and place a small plate on top of the covered yoghurt and apply a little pressure (this will help drain the liquid away from the yogurt).
6. Refrigerate for 2-3 days, allowing the yoghurt to continue draining.
7. Remove from the refrigerator and manually squeeze out any excess liquid and discard. The yoghurt will now have become thick and will resemble a thick cheese texture.

Spiced Saffron Oil

1 cup extra virgin olive oil
1 pinch saffron threads
3 tbsp finely chopped chives
3 tbsp finely chopped parsley
½ long red chilli, deseeded, finely diced
zest of 1 lemon
Murray River salt flakes for seasoning

Method

1. In a small saucepan, add the extra virgin olive oil and warm over a low heat.

2. Add the saffron threads and continue to warm for a further 5 minutes.

3. Remove from heat and allow the oil to cool and infuse with the saffron.

4. When the oil has completely cooled, add the chopped herbs, chilli and lemon zest, stir in and season with Murray River salt flakes to taste.

Black Garlic Salted Flat Bread

500g plain flour
2 tsp dry yeast
2 tsp sugar
1 tsp salt
600ml warm water
extra virgin olive oil
Murray River salt flakes
Garlicious® Grown black garlic powder

Preheat oven to 160C

Method

1. In a large bowl add the flour, yeast, sugar, salt and stir well.

2. Making a well in the flour, slowly pour in the warm water and stir until a dough forms.

3. Remove the dough from the bowl and place dough on a well-floured work surface.

4. Using your hands, knead the dough to a smooth consistency, kneading for 4-5 minutes.

5. Divide the dough into 6-8 small balls.

6. Using a pasta machine, or rolling pin, roll out bread dough into long thin pieces, approximately 2mm in thickness. Continue until all balls of dough are rolled.

7. Place the flattened bread dough onto lined baking trays and paint the dough with extra virgin olive oil and generously sprinkle with Garlicious® Grown black garlic powder and Murray River salt flakes.

8. Bake until golden and crisp, approximately, 10-12 minutes.

9. Remove from the oven and cool on wire racks.

Warmed Black Garlic Bulb

1 whole Garlicious® Grown black garlic bulb, halved and wrapped in foil

Preheat oven to 180C

Method

1. Place the wrapped black garlic bulb in the oven and warm for 8-10 minutes.

2. Remove from oven, discard foil and serve immediately.

To Serve

On a serving platter, add a stack of Black Garlic Salted Flat Bread, another stack of goats labneh topped with spiced saffron oil and warmed black garlic bulb.





*poulet aux
40 gousses d'ail*

bbq corn
with
black garlic
compound butter



Sous Vide Grilled Octopus

with roasted parsnip herbed farro risotto

Serves 4

1kg fresh octopus tentacles
5 tbsp extra virgin olive oil
2 bay leaves
Zest of 1 lemon
1 small celery stick, thinly sliced
2 golden (French) shallots, peeled & thinly sliced
2 **Garlicious® Grown** caramelised black garlic cloves, peeled
2 sprigs lemon thyme
1 tsp black peppercorns
2 pinches salt flakes

Method

1. Set sous vide machine to 82C.
2. Place octopus tentacles and all remaining ingredients into a vacuum seal bag.
3. Seal the bag as instructed with your vacuum seal machine.
4. Place the bag into the sous vide machine water bath and set timer for 4 hours.
5. After 4 hours, remove bag from the sous vide and remove octopus tentacles from the bag. Discard cooking liquids and flavourings.
6. Place a griddle pan on a high heat and lightly drizzle with olive oil.
7. Place the octopus tentacles on the hot griddle pan and grill for 4-5 minutes, turning once at the half way point. Cook until lightly charred.
8. Remove from griddle pan and cut each tentacles into 3 or 4 pieces.

Roasted Parsnip-herbed Farro Risotto

1 tbsp unsalted butter
1 tbsp extra virgin olive oil
600ml vegetable stock, warmed
2 golden (French) shallots, peeled and finely diced
1 clove black garlic, peeled
2 sprigs lemon thyme, finely chopped
180g farro
2 tbsp chopped parsley

1 medium size parsnip, peeled, diced and roasted in olive oil and salt and pepper seasoning
50g grated parmesan cheese
Salt and pepper to taste

Method

1. In a heavy base, medium size saucepan, add butter and olive oil and melt over a low heat.
2. Add the diced shallots, black garlic, lemon thyme and stir well.
3. Add the farro and stir thoroughly. Cook for 3-4 minutes to slightly toast the farro.
4. Add the warm vegetable stock, one label at a time, stirring continuously.
5. Cook for 25 minutes, until the farro becomes tender and all stock is absorbed.
6. Stir in the parmesan cheese, roasted parsnip and chopped parsley and season with salt and pepper.
7. Remove from heat in preparation for serving.

Parsley Oil Purée

1 small bunch continental parsley, finely chopped
½ cup extra virgin olive oil
Salt and pepper to taste

Method

1. Place extra virgin olive oil and chopped parsley into a bar blender and blend until a smooth consistency.
2. Season to taste, stir through.

To Serve

Grilled lemon cheeks
Freshly picked sprigs of lemon thyme
Baby beetroot leaves to garnish
Parsley oil puree

Place a kitchen spoon portion of warm roasted parsnip-herbed farro risotto and top with grilled octopus tentacles. Garnish with baby beetroot leaves, freshly picked lemon thyme and serve with a grilled lemon cheek and a teaspoon of parsley oil purée.



*sous vide
grilled octopus*

Malted Black Garlic Ice Cream Sandwich

with salted caramel, cocoa sablé, poached rhubarb and peelings

Serves 4

Malted Black Garlic Ice Cream

Makes approximately 2 litres of ice cream

4 cups cream
2 cups milk
1 cup caster sugar
½ cup malt extract
12 large egg yolks
6 cloves Garlicious® Grown caramelised black garlic cloves, peeled

Method

1. In a large heavy-based pot, add the cream and milk and simmer over a low heat.
2. In a large bowl, whisk together egg yolks and sugar until well combined.
3. Remove milk and cream from the heat and slowly pour into the yolk and sugar mixture, stirring continuously.
4. While continuing to stir, add the malt extract and caramelised black garlic cloves; this will now form your ice cream base or anglaise.
5. Pour the anglaise back into the large heavy base pot and return to a medium-low heat, continuing to stir with a spatula or wooden spoon. The anglaise will start to thicken (approximately 4-5 minutes) and will be ready when it coats the back of the spatula or spoon. The caramelised black garlic cloves will by now have infused the anglaise and dissolved.
6. Once thickened, remove the pot from the heat and strain the anglaise through a fine sieve into a large bowl.
7. Chill the anglaise in a refrigerator for approximately 2 hours, then transfer to an ice cream churning machine, referring to your machine's instructions to complete the ice cream process.



*malted black garlic
ice cream sandwich*

Salted Caramel

1 cup sugar
1/3 cup water
1/2 cup cream
2 tbsp malt extract
2 pinches of sea or Murray River salt flakes

Method

1. In a medium heavy-base saucepan add sugar and water and place over a medium heat.
2. Allow sugar to dissolve and slowly turn a light caramel colour and smooth consistency.
3. Remove from heat and carefully stir in the cream and malt extract.

Note: Pour the cream cautiously as it may cause the caramel to bubble and splatter.

4. Season with salt and stir in well.
5. Allow to cool completely before serving.

Cacao Sablé

Makes 8-10 cookies

125g flour
30g cacao powder
1/4 tsp baking soda
115g unsalted butter, warmed to room temperature
130g sugar
1/4 tsp sea salt
1 large egg yolk
1/2 tsp vanilla extract
100g 70% cacao dark chocolate, finely grated
cacao nibs for garnish

Preheat oven to 160C

Method

1. Sift together flour, cacao powder and baking soda into a large bowl and set aside.
2. Using an electric mixer, cream butter, sugar and salt together, until light and fluffy.



3. Add the egg yolk and vanilla extract to the creamed butter and sugar and mix until well combined.

4. Slowly add the sifted, dried ingredients to the creamed butter and sugar while continuing to mix. This will now form a sablé/cookie dough.

5. Using a spatula, fold through the grated chocolate into the dough, mix well.

6. Remove sablé dough from the bowl, wrap in cling film and refrigerate for approximately 30 minutes.

7. Remove dough from the refrigerator and place on a floured work surface.

8. Gently roll the dough out to a quarter of an inch thickness.

9. Using a floured, round cookie cutter, cut out your sablé pieces and place on an oven tray lined with baking paper.

10. Sprinkle each sablé biscuit with cacao nibs and bake for 8-10 minutes.

11. Remove from oven and allow the sablé biscuits to cool slightly on the baking tray, then carefully transfer them to a wire cooling rack. Allow to cool completely.

...continued over

Poached Rhubarb and Peelings

2 large rhubarb stems
1 cup sugar
½ cup water

1. Carefully peel the outer layer of the rhubarb stems and reserve the peelings for the garnish.
2. Dice the peeled rhubarb into 1cm cubes.
3. In a medium-size pot, add the sugar and water, bring to a simmer over a medium heat. Cook until all sugar has dissolved.
4. Add the diced rhubarb and allow to simmer for 4-5 minutes. Our aim is to not over-cook the rhubarb, allowing it to retain its shape while being cooked tender.
5. Remove the pot from the heat and allow the rhubarb to cool slightly in the sugar poaching liquid.
6. Strain the rhubarb into a small bowl and set aside; reserve the poaching liquid.
7. Pour the poaching liquid back into the pot and, over a high heat, reduce liquid to one third.
8. Add the rhubarb peelings to the reduced poaching liquid (syrup) and stir well.
9. Remove the rhubarb peelings from the syrup and place on a wire rack, allowing them to cool.
10. Set your oven to its lowest temperature and transfer the wire rack with rhubarb peelings to dry until crisp. Remove from oven and allow to cool completely.

To Serve

Blueberries and viola flower petals to garnish.

On a plate, place one cacao sablé as the base of your ice cream sandwich. Using a deep cookie cutter or cylindrical mould, shape 2-3 heaped tablespoons of malted black garlic ice cream and pop out onto your sablé. Dribble the ice cream with salted caramel and top with a second sablé biscuit. Complete the dessert with 3-4 clusters of diced, poached rhubarb, fresh blueberry and viola flower petals. Garnish the ice cream sandwich with rhubarb peelings and serve.

Sopa de Ajo

Spanish Black Garlic Soup

Serves 4

2 tbsp extra virgin olive oil
5 Garlicious® Grown caramelised black garlic cloves, peeled
3 tsp sweet paprika
1 tsp smoked paprika
100g thick Spanish-style chorizo, cut into 5mm cubes
3 tomatoes, cored and roughly chopped
200g black garlic sourdough bread, crusts removed, cut into 1cm cubes
1½ litres hot chicken stock
Salt and pepper for seasoning
4 free range eggs
Julienne fresh tomato and parsley to garnish

Preheat oven to 170C

Method

1. In a large saucepan, over a medium heat, add the oil, caramelised black garlic cloves and sauté for three minutes.
2. Add the sweet and smoked paprika and cubed chorizo, cook for a further three minutes, stirring well.
3. Add the tomatoes and the bread cubes, stir well and cook until the bread has absorbed the tomato juices.
4. Add the hot chicken stock and continue to cook for eight minutes, stirring regularly.
5. Reduce the heat to a slow simmer and cook for a further ten minutes until the soup thickens. Season to taste.
6. Divide the soup among 4 heat-proof bowls, crack an egg into the centre of each bowl and place in the hot oven for ten minutes, cooking until the whites have just set, allowing the yolks to remain runny.
7. Remove from oven, garnish with julienned fresh tomatoes and sprigs of parsley, serve immediately.



sopa de ajo

fast 'n fab

Vanilla & Vodka-Cured Ocean Trout

cream cheese, pickled onion, black garlic powder, dill

Vanilla & Vodka-Cured Ocean Trout

½ cup rock salt
½ cup brown sugar
1 vanilla pod
1 x 1kg ocean trout fillet, cut from the thick part of the whole fillet, pin boned, skin on
¼ cup vodka

Method

1. Place the salt and brown sugar in a food processor and pulse to combine well.
2. With a knife, split the vanilla pod lengthways. Reserve the split pod and smear the seeds over the flesh side of the trout.
3. Place the trout in a shallow dish, skin-side down. Sprinkle with the vodka and leave to cool in the fridge, covered, for 1 hour.
4. Combine the split vanilla pod with the salt and sugar mix and rub over the trout, pressing the vanilla pod into the skin.
5. Cover the fish in cling wrap and refrigerate overnight.
6. When ready to serve, remove the trout from the salt mixture – it will be quite wet by this stage. Wash off the remaining salt by running under cold water, then pat dry.
7. Using a sharp knife, carve thin slices of fish on an angle, discarding the skin.

Pickled Onion

1 white onion, finely sliced into rings
50ml water
Freshly squeezed juice of one lemon
1 tsp sugar
1 tsp salt
4-5 tbsp extra virgin olive oil

Method

1. In a large mixing bowl add water, lemon juice, sugar and salt; mix together well.
2. Add onion rings to the bowl and continue to stir making sure the onion is wet and covered.
3. Leave in a cool place to pickle for one hour.
4. Drain onion from pickling juice, reserving a little – approximately 20-30ml.
5. In a glass jar add the pickled onion rings, extra virgin olive oil and the reserved pickling juice.
6. Mix together well and refrigerate with lid on prior to serving.

To Serve

freshly sliced ciabatta bread
spreadable cream cheese
pickled onion
vanilla & vodka-cured ocean trout slices
Garlicious® Grown black garlic powder
fresh dill sprigs

Spread a generous amount of cream cheese over slices of ciabatta, top with cured ocean trout slices, pickled onion and season with black garlic powder, top with dill sprigs.



*smoked salmon
hors d'oeuvres*



2

*vanilla & vodka
cured ocean trout*



stracciatella, black garlic, brioche crumb

Stracciatella, Black Garlic, Brioche Crumb

500g That's Amore Cheese stracciatella, or try our 'cheats stracciatella' recipe (below) using bocconcini and double cream.

5-6 Garlicious® Grown caramelised black garlic cloves, peeled

2 brioche burger buns, dried in 120C oven for 30 minutes

50g fresh Australian macadamia nuts
optional: 2-3 button mushrooms, washed and finely sliced

Ciabatta bread slices, drizzled in olive oil, grilled in a pan until golden on each side, seasoned with Murray River salt flakes
Garlicious® Grown black garlic powder

Method

1. Break up and pulse the brioche buns in a food processor until fine crumbs form (you should have 1 cup breadcrumbs). Set aside.

2. In a food processor pulse the macadamia nuts until a fine crumb forms. Set aside.

3. In a small serving bowl, add the stracciatella cheese and caramelised black garlic cloves. Stir well to break up the cloves, creating a dark swirl effect.

3. If desired, add button mushroom slices and stir in gently.

4. Top with 1-2 tablespoons of brioche crumbs and 1 tablespoon of macadamia crumb. Season with Murray River salt and black garlic powder to taste.

5. Serve with freshly grilled ciabatta bread slices.

'Cheats Stracciatella'

200g bocconcini

300ml fresh double cream

Murray River salt flakes for seasoning

Method

1. Finely slice the bocconcini pieces with an egg slicer, twice, turning at 90 degrees in order to make fine cheese strips.

2. In a small serving bowl, add the sliced bocconcini pieces and the cream, mix well to coat all cheese slices completely.

3. Season to taste with Murray River salt flakes.



Poached Eggs

with smashed avocado, marinated feta, black garlic and pepita seeds

free range eggs

2-3 Garlicious® Grown caramelised black garlic cloves, peeled

Garlicious® Grown black garlic powder

pepita seeds

smashed avocado

vine ripened cherry tomatoes

extra virgin olive oil to serve

Caramelised black garlic cloves are a perfect match to poached eggs as they add a sweet, complex note that compliments the richness of the yolk and adds depth to the whites. We suggest you try adding a little smashed avocado, marinated feta, pepita seeds, black garlic powder, a drizzle of olive oil (plus a side of oven roasted vine ripened cherry tomatoes) to perfect the Great Australian 'Garlicious® Grown' breakfast.

Mature Cheeses

with honey, nuts and black garlic cloves

Mature cheeses topped with honey, nuts and thin slices of caramelised black garlic cloves make a decadent and delicious entertainer.

Smoked Salmon hors d'oeuvres

with cucumber black garlic & grapefruit zest

Fresh cucumber slices topped with smoked salmon, caramelised black garlic clove slices and grapefruit zest is a fresh and flavoursome offering. Drizzle a little extra virgin olive oil and a squeeze of grapefruit juice to perfect the hors d'oeuvres.

Sesame Roasted Vegetables

black garlic aioli, fennel seed and smoked garlic powder salt flakes

4 baby turnips, peeled with tops trimmed, halved
4 baby radishes, peeled with tops trimmed, halved
4 baby beetroot, peeled with tops trimmed, halved
4 brussel sprouts, halved
2 baby fennels, tops trimmed, quartered
2 parsnips peeled, quartered
2 small swedes, quartered
2 Congo potatoes (or kipflers), halved
5 Garlicious® Grown black garlic cloves, unpeeled
sesame oil
extra virgin olive oil
toasted sesame seeds
salt and pepper
5 thyme sprigs

Preheat oven to 200C

Fennel Seed and Smoked Garlic Powder Salt Flakes

2 tsp toasted fennel seeds
2 tsp Garlicious® Grown Smoked Garlic Powder
2 tbsp Murray River salt flakes

Method

In a small bowl, mix all ingredients together.

To Serve

black garlic aioli (see recipe page 8)

On a serving platter, arrange the roasted vegetables roughly stacked in a line. Sprinkle with toasted sesame seeds. Accompany the vegetables with a serving bowl of fennel seed and smoked garlic powder salt flakes and a bowl of black garlic aioli.

Wild Mushrooms

*with black garlic compound butter
toasted corn bread, ricotta and green tomato chutney*

Serves 4

500g mixed mushrooms (we used portobello, oyster, Swiss browns and King browns)
100g Garlicious® Grown black garlic compound butter
200g fresh ricotta cheese
8 slices of toasted corn bread
4 tbsp green tomato chutney
Salt and pepper for seasoning
Garlicious Grown caramelised black garlic powder for dusting
Snow pea tendrils to garnish

Green Tomato Chutney

1kg green tomatoes, cored and roughly chopped
½ tsp cloves
1 tsp black peppercorns
1 tsp yellow mustard seeds
2 bay leaves
1 tsp freshly grated ginger
½ tsp allspice
½ tsp fennel seeds
1 cup malt vinegar
1 large brown onion, peeled and diced
100g brown sugar
2 green apples, cored and roughly chopped

Method

1. In a large heavy-based saucepan, add all ingredients and stir well.
2. Over a medium heat, bring to a simmer, reduce heat and allow the ingredients to cook until tomatoes have collapsed and softened; stirring occasionally.
3. Remove from heat and allow to cool completely.
4. Preserve in jars if desired, or refrigerate prior to use.



To Serve

green tomato chutney
freshly toasted corn bread slices
black garlic compound butter
(see recipe page 11)

1. Place one slice of toasted corn bread in the middle of your plate.
2. Spoon the sautéed mushrooms on top of the bread, and add a second slice of toasted corn bread to one side.
3. Add a tablespoon of green tomato chutney and a generous dollop of ricotta cheese to one side of the mushroom stack.
4. Garnish with snow pea tendrils and dust with Garlicious Grown Caramelised Black Garlic Powder.





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