Sauces / South Korea

Black Garlic Paste

A near-effortless paste of extraordinary depth — aged black garlic cloves, whose months of slow Maillard transformation have rendered them jet-black, soft as ripe figs, and tasting of balsamic vinegar and tamarind, blended with olive oil and salt into a smooth, intensely umami spread.

Time 5 min **Servings** 4

What you'll need.

- ☐ 100 g Black garlic cloves (peeled)
- ☐ 30 g Extra-virgin olive oil
- ☐ 2 g Fine sea salt
- ☐ 5 g Balsamic vinegar (aged, optional)

Let's make it.

01 Peel the black garlic cloves — the skin should come off easily, revealing uniformly black or very dark purple-brown, completely soft cloves that yield to slight finger pressure. A properly aged black garlic clove should feel like a very ripe, moist fig — soft throughout with no firm white core. If you find firm white centers, the garlic was not aged long enough and the paste will have an unpleasant raw garlic bite mixed with the fermented sweetness.

02 Combine the black garlic cloves, olive oil, salt, and balsamic vinegar (if using) in a small food processor or using an immersion blender. Process 2 to 3 minutes, scraping down the sides every 30 seconds, until the paste is absolutely smooth, glossy, and black. The high natural sugar content of black garlic makes it want to clump rather than blend — be patient and add the oil gradually if the blender is struggling. The finished paste should be smooth enough to pipe through a fine nozzle. Store in a small airtight jar under a layer of olive oil, refrigerated, for up to 1 month.

Recipe & provenance ForkRecipe Kitchen / ForkRecipe / FoodML and contributors / CC BY-SA 4.0.
Original recipe and attribution CC BY-SA 4.0
Servings are an estimate; check quantities in the source recipe.
recipes.dvs-services.be / black-garlic-paste