

The New York Times

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NEW YORK, WEDNESDAY, OCTOBER 8, 2008

Dining Out

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Garlic, Either Sweet or Squashed

In Korea, fermented black garlic is prized for its supposed antioxidant properties. Koreans add an extract made from it to energy drinks. The tender black cloves, which are treated with heat, easily slip out of the dried, brown husks. They are sweet, almost suggesting licorice.

Chefs here have discovered it. Eric Ripert of Le Bernardin uses it to garnish monkfish, and at the new Corton, Paul Liebrandt dresses roasted tilefish with it. Slivers add character to shrimp risotto and are also effective when slipped under the skin of chicken breasts to go in a sauté pan.

A company in California, Black Garlic (blackgarlic.com), supplies Terra Spice in Walkerton, Ind., where four ounces of black garlic is

\$7.95 plus shipping; (574) 586-2600. In New York, Kalustyan's, which gets black garlic from a local supplier, sells it for \$34 a pound (each head is about \$2); (800) 352-3451.

When it comes to fresh garlic, here's about the most serious, heavy-duty press you can apply to it. Prepara's Cliq garlic crusher can devour six large cloves in its generous chamber; a ratcheting motion locks the cover and allows you to gradually crush them. The screen, which can be removed for cleaning, has relatively large openings so the garlic comes out in bits, not mush.

The crusher is \$19.95 at Kitchen Couture, 5213 13th Avenue (52nd Street), Borough Park, Brooklyn, and from kitchencouture.net and amazon.com.



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