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6. Aged Black Garlic

\$6 for 4 ounces at Le Sanctuaire, 315 Sutter Street, Fifth Floor, San Francisco; (415) 986-4216; le-sanctuaire.com.

Rarely does a truly novel ingredient come along, so when aged black garlic recently hit the scene, chefs took notice. Heads of garlic undergo a monthlong fermentation, and the fiery white cloves transform into dark, sweet nuggets with the consistency of jelly and a taste of the earth (umami comes immediately to mind). Bruce Hill of Bix Restaurant in San Francisco, who says the garlic possesses distinct notes of balsamic vinegar, incorporates it into dishes ranging from roast chicken to grilled calamari with fregola and black garlic aioli. Dan Barber of Blue Hill at Stone Barns in Pocantico Hills, N.Y., is experimenting with ways to ferment his own sweet Italian garlic.

BLOG: THE MOMENT | [Ive | Dre Makes Headphones, Beijing's Blurry Hotel, Wholesome Booze \(May 16, 2008, 1:11 PM\)](#)

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