

Garlic-Whole, Powdered & Minced

20-25 whole cloves equals about 1 cup



Ingredients

garlic cloves

Directions:

Whole garlic cloves made into powder:

1. Prepare the garlic by peeling the whole cloves
2. Add garlic cloves to a food processor or blender. Slowly add water until it's a paste
3. Add parchment paper to your trays
4. Add garlic paste to your freeze-dryer tray
5. After you freeze dry, add it to a blender and powder

Add other herbs to the garlic paste or powder for a garlic and herb spice

Whole garlic cloves to freeze-dried minced garlic

1. Prepare the garlic by peeling the whole cloves
2. Add garlic cloves to a food processor or blender and pulse a few times to roughly chop the garlic
3. Add parchment paper to your trays
4. Add chopped garlic to your freeze-dryer tray

Whole garlic cloves freeze-dried

1. Prepare the garlic by peeling the whole cloves
2. Smash the garlic cloves slightly for easier freeze-drying and rehydrating
3. Add parchment paper to your trays
4. Add garlic cloves to your freeze-dryer tray

After you prepare your garlic-Freeze dry. (My cycle time was 17 hours.)

Rehydration:

Add minced garlic to a bowl and cover with water completely. Let it sit for about 5 minutes. Drain, and it's ready to use. You can add the freeze-dried minced garlic directly to your meal and allow it to rehydrate. For the smashed garlic cloves, cover them completely in water and let them sit for about 10 minutes. Drain and use like you would a fresh garlic clove.

Notes:

You can powder freeze-dried minced garlic and cloves. Whole cloves are more challenging to powder.

-You can turn the whole freeze-dried cloves into minced garlic by pulsing in a blender.

-Freeze-dried powdered garlic is much stronger than store-bought garlic powder.

Nutritional Value Per 1 clove of garlic

Calories: 4 Protein: 0 g Fat: 0 g Carbohydrates: 1 g Sugar: 0 g Fiber: 0 g