

How To Chop Fresh Garlic



TIPS:

1. Fresh garlic flavor: There's nothing quite like the magnetic scent of **freshly cut garlic** to attract attention to action in the kitchen. And then, of course, there's nothing like the fantastic punch of flavor **freshly chopped garlic** adds to any recipe you're preparing.

2. Selecting fresh garlic: For optimal flavor and ease of chopping, select fresh garlic bulbs that are firm to the touch and heavier in weight, not those that are dried out, spongy soft, and lighter in weight as shown in the comparison pictures below. Also, avoid garlic bulbs that have started to sprout green shoots or show signs of dark colored mold on or under the bulb's papery white skin. Finally, select garlic bulbs with bigger garlic cloves as bigger cloves are a lot easier to peel and chop than smaller cloves.



For optimal flavor, select **fresh garlic bulbs** that are firm to the touch and heavier in weight and not...



...spongy soft and lighter in weight like this **garlic bulb**. Also, avoid **garlic bulbs** that have started to sprout green shoots or show signs of mold on or under the papery skin, and select bulbs with bigger cloves as bigger cloves are easier to peel and chop than smaller cloves.

Needed

Fresh Garlic Bulb

Sharp Wide Bladed (Chef's) Knife
Cutting Board



1. Twist and tear off the **papery stem** from the **top of the garlic bulb**. Sometimes the **stem top** is already cut, but if it's still intact, tearing it off will make removing **garlic cloves** (individual garlic segments) easier as shown in step 2.



2. Pull as many individual garlic cloves from the garlic bulb as needed for your recipe.



3. To make peeling the **garlic skin** as easy as possible, lay the **garlic cloves** on the cutting board, and cover them, *one at a time*, with the side of a wide bladed knife. Put the heel of your free hand on the top flat side of the knife blade and press down with enough pressure until you feel the **garlic skin** break open.



4. Peel the **paperly skin** from the **garlic cloves**.



5. Hold **each garlic clove** to the cutting board firmly *with curled fingers*. Use your curled forefinger or middle finger knuckle as a guide, and let the side of the knife blade slide against it as you cut the **garlic clove(s)** into slices about 1/8th inch wide.



Once you've cut the **garlic cloves** into slices, there's no need to use your free hand to hold the **garlic** to the cut board. Just use the knife alone to chop the **garlic slices** in cross section into smaller pieces.



While chopping the **garlic**, **garlic pieces** will scatter on the cutting board and stick to the side of the knife blade. As that happens scrape the **chopped garlic pieces** together with the knife blade, and then...



...carefully use your fingers to remove the **garlic pieces** from the side of the knife by sliding the side of your fingers down the blade from the back, blunt side of the knife toward the sharp edge. To avoid getting cut, which can easily happen otherwise, don't slide your finger along or parallel to the sharp knife edge.



Continue chopping and gathering the **chopped garlic pieces** until what you have looks like coarse sand or about like this.



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