

# MARIE-CLAIRE DIGBY



## Garlic goes black . . . and chefs love it

Black is the new white . . . for garlic lovers. The latest plaything among chefs in the US – it has recently popped up on both *Top Chef* and *Iron Chef* on TV – couldn't be more different from the pale, creamy pink garlic from Lautrec in the south of France, but it's proving to be just as modish.

Black garlic is normal white garlic that has gone through a month-long fermentation process, without preservatives or additives, that is said to double the bulbs' antioxidant properties, and turns the cloves a deep black colour, with a soft, sticky texture. The taste is sweet, complex, with suggestions of molasses and liquorice. Although it is still undeniably garlicky, there's none of the astringency that you get from fresh garlic. Top Manhattan fish restaurant Le Bernardin uses it in a dish of spiced monkfish, and on Food Network's show, *Iron Chef*, it was

teamed with red snapper.

Black garlic has its origins in Korea and Japan, where it is eaten as a super-food supplement, and the packet I ordered from [www.blackgarlic.co.uk](http://www.blackgarlic.co.uk) was produced in Jeju island, Korea. It costs £2.96 for a 36g pack (which held one large and one small bulb) and postage to Ireland was an additional £1.50. It also comes as a paste, juice, or peeled cloves, and is available to order from [www.blackgarlic.co.uk](http://www.blackgarlic.co.uk), where you will also find lots of recipes to try.



### WEB WATCH

[www.glutenfreegirl.com](http://www.glutenfreegirl.com)

You don't have to be gluten-intolerant to enjoy the superlative food writing and photography from Shauna James Ahern, author of *Gluten-Free Girl*. In her blog she shares stories of her life, as well as her kitchen experiments, and keeps you coming back for more. In a short space of time, she has reclaimed her health, found and married the man of her dreams, and had a baby. Read on . . .

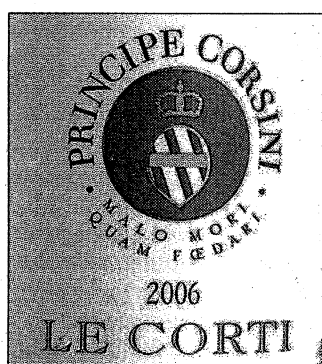
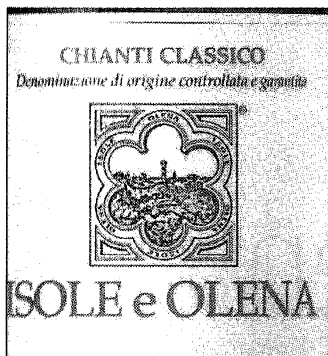
## You can take the man out of the kitchen

Growing your own is the way to go. The Obamas have planted a kitchen garden on the South Lawn of the White House – a 1,100sq ft plot sewn with 55 types of vegetables selected from a wish list compiled by their chefs – and Paul Flynn has cultivated a formerly neglected corner of Dungarvan, Co Waterford, setting up a kitchen garden for his Tannery restaurant and cookery school.

The land, on to which the new cookery school looks, was formerly abandoned, awaiting redevelopment, but Flynn (pictured below) persuaded the owners, Glanbia, to sponsor its transformation into a market garden, with the help of organic grower and farmers' market stallholder Tim Yorke.

When fully mature, the garden is expected to produce 90 per cent of the fruit and veg required for the restaurant and cookery school, and it will also be used for courses in market gardening, and to introduce school children to the pleasures of growing . . . and eating their five-a-day.

Next month, there will be a chance to spend a full five days in the company of the chef as he launches the second of his "Paul Flynn's Kitchen" intensive practical courses. Each day, from 9.30am to 4pm you'll be immersed in the world of good food – sourcing it, tasting it, cooking with it,



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