



BLACK

GARLIC

RECIPE COLLECTION



BLACK GARLIC SPREAD, SLICED AVOCADO & POACHED EGG ON SOUR DOUGH

1 Bulb of Tolga Estate
Australian Black Garlic

50ml Vegetable Stock

20g Butter
(room temperature)

Salt & Pepper to taste

1 Large egg

1 tbsp. rice vinegar or other
mild-tasting vinegar

1 Avocado

Sour Dough

1. Peel skins off black garlic, adding black garlic, stock and blend in a blender until a smooth texture. Pass through a sieve and season with salt and/or pepper to taste. Leave aside.
2. Heat saucepan until 2/3 full of water and bring to a boil. Reduce down to a brisk simmer (you should see bubbles rising to the surface at this point).
3. Crack egg into a small cup (preferably a cup with a long handle). Add vinegar to the water (optional for those that want a firmer, more "squeaky" texture to the white). Ease the egg from the cup into the water carefully. Cook for 4 minutes (or according to taste) this will allow a firm white and a gooey but still runny yolk.
4. Remove the egg using a slotted spoon from the water. Pat the egg dry (optional)
5. Remove skin off the avocado. Remove the pit and slice the avocado into diagonal length-wise or according to desired preference.
6. Serve Sour dough either fresh or toasted (depending on preference). Spread the black garlic on the toast, place your sliced avocado, then finish with your poached egg on top. Season with salt and pepper and consume immediately.



SNAPPER TARTARE, CREME FRAICHE & DICED BLACK GARLIC ON BUTTER TOAST

SNAPPER

½ Baby snapper fillet
(skin off with pin bones out)

CRÈME FRAÎCHE

250g Crème fraîche
3 Shallots
(peeled and finely diced)
½ Lime zest and Juice
½ cup Chopped Parsley
2 tbsp. Olive Oil

TOAST

½ cup Butter
Thick cut toast
with all sides trimmed

1. Snapper – remove the skin and any pin bones from the fish. Begin to dice the snapper into small pieces. Leave in bowl, cover with cling wrap and set aside in the fridge.
2. Crème fraîche – begin by whipping the Crème fraîche in a hand whisker. Whisk until the cream has firmed up (do not over whip as it may split). Add all diced shallots, lime zest juice, chopped parsley, and olive oil and mix well. Season with salt and pepper to taste.
3. Toast – heat some butter in a pan. Add your thick cut toast and slowly cook until golden brown. Season with a pinch of salt. Dice some black garlic and set aside as a garnish.
4. Add all the diced snapper to the Crème fraîche and mix well.
5. Place the tartare mix onto the butter toast and put some diced black garlic on top to finish. Drizzle some olive oil and serve.



DUCK BREAST, RAINBOW CHARD, BUTTERNUT SQUASH & BLACK GARLIC PUREE

DUCK BREAST

1 Duck Breast
(cleaned and any excess fat
trimmed off)

BUTTERNUT SQUASH PUREE

70g Butternut Squash
(skin off, cleaned, and diced
into 2cm cubes)

50g Butter

150ml Thickening Cream

BLACK GARLIC PUREE

1 Bulb Tolga Estate Australian
Black Garlic
(skin off and peeled)

100ml Vegetable Stock

1 tbsp. Mirin

2 tsp. Brown Sugar

Pinch of Salt

RAINBOW CHARD

100g Rainbow Chard
(chiffonade and washed)

65g Butter

80ml Chicken Stock

1. Duck Breast – season duck with salt on skin and meat. Place breast skin-side down on a non-stick frying pan over medium heat. Cook until nice and golden brown on the skin side. Cook duck breast for 6 minutes then turn over cooking for another 4 minutes. Using tongs turn the duck breast on all sides to sear the duck. Place skin side up cooking for another 4 minutes or until desired preference for how the meat will be cooked to your liking. Rest for 4-6 minutes.
2. Butternut Squash Puree – heat the butter in a medium to heavy saucepan. Add your diced butternut squash and sauté until slightly golden. Add cream and bring to a boil. Reduce heat and simmer until butternut is fully cooked or softened. Transfer the mixture into a blender and blend until smooth. Pass through a sieve and season with salt. Set aside.
3. Black Garlic Puree – peel the black garlic skins off. Add the garlic, vegetable stock, sugar, mirin, salt and blend in a blender until smooth. Pass through a sieve and set aside.
4. Rainbow Chard – heat the butter in a heavy saucepan. Add rainbow chard and sauté until softened. Pour chicken stock and simmer until well cooked. Strain in a sieve and season with salt.
5. Place the rainbow chard on the centre of the plate. In a squeeze bottle, add your purees in each. Draw dots around the plate. Place your duck on the rainbow chard and finish with some micro herbs. Voila!

FILET MIGNON, HORSE RADISH BUTTER, BLACK GARLIC, POTATO FONDANT & BROCCOLINI FLORETS

FILET MIGNON

1 Filet Mignon steak,
each about 6 ounces
and 2 inches in thickness

1 tbsp. Canola Oil

2 tbsp. Butter

HORSE RADISH BUTTER

100g Butter
(soften and whipped)

Horse Radish (grated)

50g Chopped Parsley

Potato Fondant

250g Butter

2 Desired potatoes
(peeled, cut into barrel shapes
using a cookie cutter)

BROCCOLINI FLORETS

1 Head Broccoli
(cut into florets)

1. Filet Mignon – pre-heat oven to 180°C whilst seasoning filet mignon with salt and pepper on both sides allowing to set at room temperature for 20 minutes. Heat a large oven-proof sauté pan over medium heat and add canola oil allowing pan to heat up. Add the filet mignon to the hot pan and cook for 4 minutes. Then using tongs flip the filet mignon to the other side whilst adding butter to the pan and coating the meat with the butter with a spoon while tilting the pan until you see a nice dark brown colour coating. Then immediately transfer the sauté pan to pre-heated oven and set your timer as follows: 5 minutes for rare, 6 minutes for medium-rare, or 7 minutes for medium.
2. Horse Radish Butter – whip the butter until soft. Grate horse radish to desired taste. Add chopped parsley and season with salt. Set aside in a bowl and leave to room temperature.
3. Potato Fondant – heat butter over medium heat in a saucepan. When hot, add the potatoes and fry until deep golden brown for about 5 to 6 minutes and using tongs flip to other side for another 5 to 6 minutes. Transfer the pan into a pre-heated oven at 160°C and cook for another 10 to 15 minutes or until desired texture. Take out potatoes and season with salt and pepper.
4. Broccoli Florets – bring a large pot of water to a rapid boil on stove adding a tablespoon of salt. Add the broccoli florets and cook until crisp-tender for about 2 to 3 minutes. Remove with a slotted spoon and plunge immediately in iced water to stop the cooking process and for colour.
5. Place your filet mignon on the plate, add your fondant, and florets around it. Spoon a spoon of horse radish on to the steak, and add some chopped Tolga Estate Australian Black Garlic around to finish! Voila!





CARAMELISED FIGS, WHITE CHOCOLATE PUREE, MIXED BERRIES & BLACK GARLIC GEL MERINGUES

FIGS

4 Fresh Figs (halved)
2 tbsp. Melted Butter
2 tbsp. Brown Sugar
White Chocolate Puree
200ml Thickening Cream
420g White Chocolate
(finely chopped)

BLACK GARLIC GEL

1 Bulb Tolga Estate
Australian Black Garlic
50ml Caster Sugar
100ml Water
3g Agar Agar

MERINGUES

2 Egg Whites (room
temperature)
75g Caster Sugar
75g Icing Sugar

1. Figs - Preheat a non-stick skillet over medium heat. Toss figs in butter and sprinkle with sugar, then place figs in the pan, cut side down. Cook for 2 to 3 minutes or until golden brown. Turn the figs over and remove pan from heat and let stand for 2 minutes.
2. White Chocolate puree – place chopped white chocolate into a medium sized microwave friendly mixing bowl and set aside while heating the cream. Heat cream in a small saucepan until it starts to boil. Pour cream over chocolate in the mixing bowl for two minutes. Stir until ganache is smooth. Leave the white ganache to cool until it reaches the desired consistency.
3. Black Garlic gel – add the water and sugar and bring to the boil for 3 minutes and take off the heat. Add black garlic and using a stick blender, puree the mixture. Combine agar agar and continue to mix. Strain and pass through a sieve. Leave to cool in the fridge.
4. Meringues – preheat oven to 120°C using two baking trays with non-stick baking paper. Use an electric mixer to whisk egg whites until soft peaks form. Slowly add caster sugar (a spoon at a time), whisking well until sugar dissolves. Whisk icing sugar and fold with a spatula. Use a piping bag to pipe the meringues onto lined trays. Reduce oven temperature to 90°C. Bake meringues for 1 hour turn oven off and leave meringues in the oven to cool completely.
5. Smear the white chocolate puree on the plate. Line the figs to desired presentation. Pipe black garlic gel around, adding mixed desired berries for garnish. Add meringues and finish with some mint or micro herbs.

TOLGA ESTATE™
AUSTRALIAN
BLACK
GARLIC

Grown on Tolga Estate in the rich volcanic soils of the Atherton Tablelands in Far North Queensland.

Harvested and produced with the artisanal care of a third generation farming family, deeply connected to the land and passionate about producing the finest black garlic of the highest quality.

Produced by Cunzolo Farms, 564 Willows Rd. Tolga, QLD 4882, Australia

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