

# clover food lab



Michelle here, reporting live from our first-ever [Enzo's Pizza](#) Pop-up (if you missed out on grabbing one of those grape pies, tickets for next Friday's pop-up will go live Monday.)

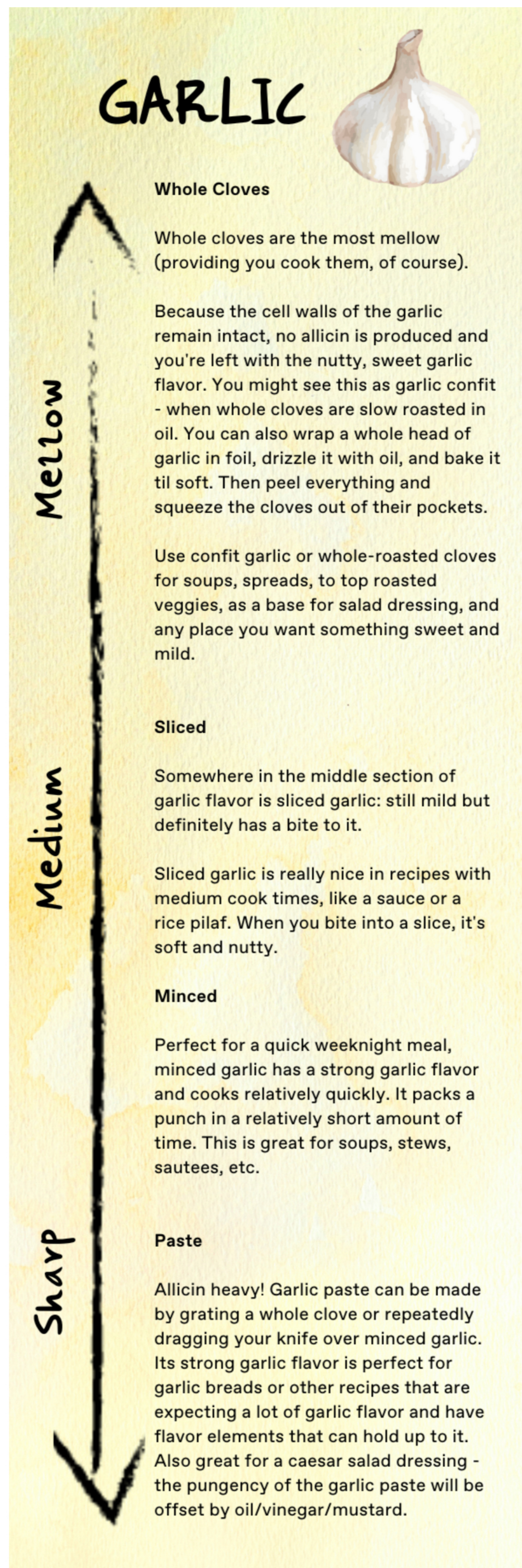
But today we're not talking about pizza. We're talking about garlic! Garlic is one of the best building blocks of flavor for veggie-based meals.

You may have noticed somewhere along your cooking journey that ***different recipes ask you to prepare garlic in different ways.***

Minced, crushed, whole, sliced, even....pasted? How can one allium be so different, just depending on how it's sliced?

Garlic contains a substance called allicin. The more you slice, chop, or crush garlic, the more allicin is produced, and the more pungent the garlic will be. That's why a whole clove of garlic, when roasted, is actually quite mild and sweet, and why minced garlic is a bit more sharp.

We made this chart - check it out next time you're enjoying the process of breaking down a delicious head of garlic.



No longer want to receive these emails?

[Manage Preferences](#) or [Unsubscribe](#)

Clover Food Lab 1075 Cambridge St Cambridge, MA 02139