

How Garlic Wine Is Made

There are two general methods:

1. Fermented Garlic Wine

- **Ingredients:** chopped or crushed garlic cloves, sugar or honey, yeast (often wine or champagne yeast), water, and sometimes lemon or ginger for flavor.
- **Process:**
 - The garlic is sterilized and placed in a fermentation jar.
 - Sugar or honey and yeast are added.
 - The mixture ferments for 2–3 weeks, then is strained and aged.
- **Result:** A strong, pungent beverage with both garlic and alcohol notes — used sparingly.

2. Garlic-Infused Wine

- **Ingredients:** white wine (like dry Sauvignon Blanc) and fresh garlic cloves.
- **Process:**
 - Garlic cloves are peeled and steeped in wine for 1–2 weeks, then strained.
- **Result:** The wine takes on a garlicky aroma and flavor. Often used in **cooking** (e.g., sauces, marinades, or health tonics).

Traditional Uses

Garlic wine has been promoted in folk medicine for:

- Lowering blood pressure and cholesterol
- Boosting immunity
- Acting as an antimicrobial tonic

(Note: These claims are traditional; scientific evidence is mixed, and moderation is key.)

Culinary Applications

- Used as a **marinade** for meats and fish
- Added to **stir-fries, sauces, or soups**

- Used as a **flavoring** in gourmet cooking