

Homemade Garlic Wine Recipes

Garlic wine can be made in two ways — by fermenting garlic or by infusing garlic into wine. These traditional methods are used for culinary and health purposes.

1. Fermented Garlic Wine

****Fermented Garlic Wine**** *Ingredients:* - 10–12 garlic cloves, peeled and crushed - 1 cup sugar or honey - 1 teaspoon wine yeast (or champagne yeast) - 4 cups filtered water - Optional: 1 small piece of ginger or lemon peel for flavor *Method:* 1. Sterilize a glass jar or fermentation vessel. 2. Add crushed garlic, sugar or honey, and water. 3. Sprinkle the yeast and stir gently. 4. Cover with an airlock or loose lid to allow gases to escape. 5. Let ferment for 2–3 weeks in a cool, dark place. 6. Strain and bottle the liquid, then age for 2–4 weeks before using. *Usage:* Use in small amounts for cooking or as a tonic (1–2 tablespoons diluted in water).

2. Garlic-Infused Wine

****Garlic-Infused Wine**** *Ingredients:* - 1 bottle of dry white wine (e.g., Sauvignon Blanc) - 6–8 fresh garlic cloves, peeled *Method:* 1. Place the garlic cloves in a clean glass jar. 2. Pour the white wine over the garlic. 3. Seal the jar tightly and store in a cool, dark place for 7–10 days. 4. Strain out the garlic and re-bottle the infused wine. *Usage:* Ideal for marinades, stir-fries, or sauces where garlic flavor enhances the dish.

■ ■ *Note:* Garlic wine is strong in flavor and potency. Use moderately, and always ensure proper sterilization during preparation.