


# Toum Garlic Sauce Recipe

[Suzy Karadsheh](#)


Toum is a Middle Eastern garlic sauce that is smooth, creamy, and bold. Once you master this easy 4-ingredient toum recipe, you have a versatile sauce or spread to use with many things from [chicken kabobs](#), [kofta](#), and [shawarma](#) to [falafel](#), or [fish](#). You can even toss it in your pasta or use it as a spread for your sandwiches. The sky's the limit!

★★★★★ 4.7 from 53 votes




PREP TIME

20 mins



COURSE

Dip



CUISINE

Middle Eastern

SERVINGS

18 tablespoons

CALORIES

213.4 kcal

## EQUIPMENT

- Food processor

## INGREDIENTS

- 1 head garlic
- 1 tsp kosher salt
- 1 lemon juice of
- 1 3/4 cups grape seed oil or sunflower oil (a neutral tasting oil)
- 4 to 6 tbsp ice water

## INSTRUCTIONS

1. Peel the garlic cloves. Cut the cloves in half and remove the green germ (this is optional).

2. Place the garlic and kosher salt in the bowl of a food processor (a smaller one may work better here). Pulse a few times until the garlic looks minced, stopping to scrape down the sides. Add the lemon juice and pulse a few times to combine (again, scrape down the sides)
3. While the food processor is running, drizzle the oil in ever so slowly (use the top opening of the processor to drizzle in the oil). After you've used about  $\frac{1}{4}$  cup or so, add in about 1 tablespoon of the ice water. Stop to scrape down the sides of the processor bowl.
4. Keep the processor running and continue to slowly drizzle in the oil, adding a tablespoon of the ice water after every  $\frac{1}{4}$  cup of oil. Continue on with this process until you have used up the oil entirely. The garlic sauce has thickened and increased in volume (it should look smooth and fluffy). This should take somewhere around 10 minute or so.

## NOTES

- This recipe is adapted from Maureen Abood's cookbook [Rosewater and Orange Blossoms](#) (affiliate link).
- **Cook's Tip:** for best results, do not rush the emulsification process. Remember to add the oil very slowly as the processor is running, alternating with a little tiny bit of ice water. If your processor does not have a top opening to drizzle the olive oil, still add the oil very slowly, about a tablespoon or so at a time, and run the processor to whip the garlic well. And again, don't forget to add a bit of the ice water as well. Keep whipping the garlic until you have used up all the oil. Alternating the oil with a small amount of water prevents the emulsion from breaking.
- **It helps to use a smaller food processor.** I used an older version of this [mini food processor](#) from Cuisinart (affiliate link).
- **Storage:** toum can best be stored in a tight-lid mason jar or container in the fridge for 4 weeks or so. You can also freeze some for later use (do not thaw out, use from frozen). I do prefer the fridge method.
- **Visit [Our Shop](#)** to browse quality Mediterranean ingredients including extra virgin olive oils, all-natural and organic spices and more.

## NUTRITION

Calories: 213.4kcal	Carbohydrates: 0.6g	Protein: 0.1g
Fat: 23.9g	Saturated Fat: 2.3g	Sodium: 145.8mg
Potassium: 7mg	Fiber: 0.1g	Sugar: 0.1g
Vitamin C: 0.5mg	Calcium: 3.2mg	Iron: 0.1mg



KEYWORD

Garlic sauce, Toum sauce, Toum,

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