A whole head of raw garlic, with its white, papery skin intact, doesn’t have a strong smell. Peel and chop a few cloves, however, and the odor of garlic takes over the room. But if you roasted the head of garlic, instead of chopping it, the smell and flavor would be much more delicate. Why does the potency of garlic vary when garlic appears in different guises?

生大蒜的整个头部，白色，纸质皮肤完整，没有强烈的气味。然而，去皮和切碎几瓣丁香，大蒜的气味占据了整个房间。但如果你烤大蒜头，而不是切碎它，气味和味道会更加细腻。当大蒜以不同的形式出现时，为什么大蒜的效力会有所不同？

If you’re a garlic lover seeking to make the most of garlic’s pungency–or someone who’d just as soon avoid the stuff–these two basic guidelines might help: chopping garlic heightens the flavor and smell, while cooking mellows it. Here’s why. 如果你是一个大蒜爱好者，想要充分利用大蒜的刺激性 - 或者是那些尽快避开这些东西的人 - 这两个基本的指导方针可能会有所帮助：切碎的大蒜可以增加味道和气味，同时烹饪可以使它变味。这就是原因。

When you chop garlic, you’re cutting through the tiny cells that make up each clove. Inside the cells, there’s a sulfur compound called *alliin*, which by itself has no smell whatsoever. But in the minuscule spaces between the cells there’s another substance, an [enzyme called *alliinase*](http://lpi.oregonstate.edu/infocenter/phytochemicals/garlic/). 当你切大蒜时，你正在切割构成每个丁香的微小细胞。在细胞内部，有一种叫做蒜氨酸的硫化合物，它本身就没有任何气味。但是在细胞之间的微小空间中还有另一种物质，一种[叫做蒜氨酸酶的酶](http://lpi.oregonstate.edu/infocenter/phytochemicals/garlic/)。

When your chopping knife breaks the cell walls and brings alliin into contact with alliinase, a series of chemical reactions produces garlic’s stinky, flavorful compounds. The more finely you chop, the more alliin reacts with alliinase–and the more potent the garlic.

**Cooking Garlic**

Cooking mellows garlic because heat deactivates alliinase so that it doesn’t react with alliin to produce those odoriferous, flavorful compounds. That’s why a roasted, whole head of garlic has such a delicate, delectable flavor–while raw, chopped garlic is the strongest and stinkiest of all!

当您的切碎刀破坏细胞壁并使蒜氨酸与蒜氨酸酶接触时，一系列化学反应会产生大蒜的臭味，味道浓郁的化合物。你砍的越精细，蒜氨酸酶的反应就越多，大蒜的效果就越强。

### 烹饪大蒜

烹调醇香大蒜，因为热使蒜氨酸酶失活，因此它不会与蒜氨酸反应产生那些有气味的，有味道的化合物。这就是为什么一个烤的整个大蒜头具有如此精致，美味的味道 - 而原始的切碎的大蒜是最强和最臭的！