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3 cloves of garlic equals how much minced garlic

I always wondered what to do with those onions and garlic cloves that sprouted before I could use them. Now I know!Is it safe to eat a sprouted onion?Muhammad Mahdi KarimHas an Onion or Garlic Head Sprouted in Your Refrigerator or Pantry?You've probably come across this situation plenty of times—you bring home a bag of onions or some fresh, whole garlic, and a week or two later, you notice that one or two (or all) of them have put out roots and green shoots. Can you still eat them or should you just throw them away? Can you plant them?In this article, I'll give you some helpful tips on what to do with onions or garlic when they've sprouted.Onion Sprouts: What to Do With ThemCan you eat a sprouted onion?The answer is yes! The onion might get a little mushy after it sprouts, but it's not poisonous or toxic and it won't hurt you. Especially if the roots and shoots are still small, it's still perfectly good. Lots of people intentionally eat the sprouts since they have more protein (so they're popular with vegetarians and vegans). Some people even like the taste of sprouted onion, but some think the shoots are too bitter.What should I do with an onion sprout?Just chop the sprout off (unless you want to eat it—take a taste to decide), cut the onion in half, and remove any remnants of the shoots. Of course, you should also check for mold and rot.What if the onion is sprouted and moldy?The only exception is if the onion is seriously consumed by mold or rot. Don't eat a moldy onion. But if there's only a little mold on one part of it, just chop off the bad, mushy bits and eat the rest.How can I prevent an onion from sprouting?Your onions are just like the bulbs you plant in the garden. They should remain dormant until conditions are right for sprouting. Keep it in a cool, dry, dark, well-ventilated area.How should I store onions?Store onions in a cool, dry, dark spot with good air circulation to prevent them from growing. Keep them separate from other fruits and veggies, since their ripening produces ethylene gas which encourages onions to sprout. Keep in mind that if they've sprouted, they will rot much more quickly.Can you plant a sprouted onion?If you separate the sprouts inside the onion's layers and plant them in potting soil, you can grow new onions. So yes, if you plant a sprouted onion, will you get more onions! Below, I share step-by-step directions for planting them in a pot or in the garden.Is it safe to eat a sprouted garlic?anneheathen via Flickr CommonsSprouted Garlic: What to Do With ItCan you eat a garlic that has sprouted?Yes, you can! Like onions, garlic that has sprouted is perfectly safe to eat. It's not poisonous or toxic. Garlic shoots are bitter, but they won't hurt you.How can I eat sprouted garlic?Cut the green shoots out if you want to avoid that bitterness, or leave them in if you like it.What if the sprout is really long?The longer the sprout gets, the mushier and less tasty the garlic will be. It's a matter of taste and texture but not toxicity. Give the clove a little pinch and decide if it feels too mushy to eat.How can I prevent my garlic from growing shoots?If you keep garlic in a cool, dark, well-ventilated place, it won't sprout nearly as quickly.How should I store garlic?Break the bulb of garlic into individual cloves and store it in a cool, dark, well-aired place.Can I plant a sprouted garlic bulb and grow fresh garlic?Yes, you can. Scroll down for step-by-step instructions.Not only will your sprouted onion make new onions, but it will also produce a lovely flower.John Flannery via Flickr CommonsHow to Plant a Sprouted Onion (and What to Expect)Select healthy-looking sprouted onions in 8"-12" pots, one per pot. Be sure to cut off any moldy, rotted, or pitted parts before planting, taking care to maintain the roots and the core of the bulb. Fill each pot with potting mix, leaving a couple of inches of space at the top. Make a hole in the center of the dirt that is about the width and depth of the onion. Carefully place each onion in a pot, covering them with soil so that the base of the shoots meet the surface of the soil. Press down gently but firmly on the soil to remove air pockets. Water thoroughly until water drains from the drainage holes. Place the pots in a shaded spot for a couple of weeks. Allow them to get a little bit of filtered light, but don't put them in the sun just yet. Their roots need time to grow and adjust. After a couple of weeks, you can slowly give them more sun—partial shade at first, then full sun. Harvest sprouts as needed. You can use onion sprouts just about everywhere you would use onion, and they also make a wonderful garnish. If your sprouts put up flowers, you can wait until the flowers go to seed, then save the seeds for planting next season (unlike the parent onion, these seeds will produce more onions if planted). To learn more, read How to Plant, Grow, and Harvest Onions in the Garden.If you plant a sprouted garlic, not only will you get fresh garlic, but you'll get lovely garlic blossoms, too.Victor M. Vicente SelvasHow to Plant a Sprouted Garlic Clove (and What to Expect)Select healthy-looking cloves in 8"-12" pots, one per pot. Fill each pot with potting mix, leaving a couple of inches of space at the top. Make a hole in the center of the dirt that is about the width and depth of the clove. Carefully place each clove in a pot, covering them with soil so that the base of the shoots meet the surface of the soil. You can use either sprouted or unsprouted cloves, just make sure to plant the sprouts pointed up and unsprouted cloves "pointy end" up, about 1/2" below the surface. Press down gently but firmly on the soil to remove air pockets. Water thoroughly until water drains from the drainage holes. Keep the soil moist but not waterlogged throughout the growing process; it takes about 8 months for garlic to mature. You can use the sprouts during this period (if you enjoy that bitter taste), but only a little at a time, or you'll stunt the bulbs' growth. Prune back any flowering shoots that come up initially (this helps produce larger bulbs). You will know the garlic is ready to be dug up when the tops of most of the leaves have turned yellow. You must let your plants think they've gone through winter if you want more garlic. You can achieve this naturally by planting them before the first frost, or artificially by putting them in the freezer for a couple weeks. Once you've allowed them to go through winter (or "winter"), put them out in the sun to warm up. This content is accurate and true to the best of the author's knowledge and is not meant to substitute for formal and individualized advice from a qualified professional.CommentsBill Carter on February 08, 2018:'I've planted them in my yard near other flowering plants and the oniony smell keeps the deer and the squirrels away.cool on December 20, 2017:ifi cut the sprouted leaves that grow on the garlic every three weeks, will the garlic bulb still growhey on December 01, 2017:does sprout shoots regrow when cut?Vikas dhama on October 31, 2017:Excellent, thanks for this helpKim Miller on July 14, 2017:Do you have any knowledge on native persimon trees, male tree in particular?dead guy on April 07, 2017:I sent one to school.BuddysPal on February 11, 2017:Excellent help. Thank you.James Wasneechak on December 21, 2016:I'd like to know about the type of soil to place in my container, the use of straw and how to divide up the sprouting sweet potato I have, in order to have a successful harvest.Thanks,Jim WasneechakBurkle51 on January 30, 2016:can you start this process in the house as I live in NY State and it is cold and snowy here? Photo: Suteren (Shutterstock)I avoid mincing garlic at all costs. My technique is not the issue—my will is. I hate doing it, so I don't. Having made every recipe I know with smashed, chopped, sliced, or puréed garlic instead of the ubiquitous mince, I'm here to tell you that mincing is completely unnecessary. Sometimes, it's even detrimental to the recipe.Stir fries and sautés most commonly call for minced garlic, so let's start with them. Here's the issue: Everyone loves an intentionally crispy, golden-brown garlic chip, but burnt garlic tastes like shit. If you're cooking garlic over high heat, a superfine mince is very easy to burn. For stir fries, homemade chili oil, and all other recipes that involve exposing garlic to very high heat, a rough chop gives you a little extra breathing room between "slightly browned" and "burnt." Yes, slightly larger pieces of garlic will be more noticeable in the finished dish, but they will also be sweet, tender, and lightly caramelized. Personally, I don't see any drawbacks.If a recipe has you add minced garlic to hot, sizzling oil at the beginning of the cooking process, Read moreMinced garlic also sucks for marinades. No matter how thoroughly you blot the excess off a piece of meat, the garlic always sticks—and when you sear or grill the meat, the garlic burns. This pattern is as predictable as any law of physics, and yet we all keep dutifully mincing garlic for our silly little marinades (and vinaigrettes, which are basically the same) when we should be puréeing them with stick blenders and getting on with our lives. A smooth, homogenous marinade has no rogue bits to burn. The examples just keep coming. If you're after the specific flavor and texture of finely minced, raw garlic, you can achieve it with a microplane grater or a press. Any dish that simmers for longer than 15 or 20 minutes will soften peeled, smashed cloves enough that you can mash them straight into the finished sauce or spread them on bread. (Bespoke, table-side garlic bread, anyone?) Pesto, chimichurri, sofrito, curry paste, and similar concoctions are best made in a food processor or mortar and pestle anyways; why bother mincing garlic that's going to get pulverized by a machine? What are you trying to prove? As far as I can tell, the only good reason to ever bother mincing garlic is if you enjoy doing it. If that's you, keep on keeping on. But for everyone else, let this be permission to free yourself from the confines of garlic mincing and focus on the fun parts of cooking. You're watching: Chicken with 20 Cloves of Garlic ; Here's one for the serious garlic lovers! In this video, you'll see how to make garlic chicken that's twice as good as that famous recipe Chicken with 40 Cloves of Garlic. Essentially, this is chicken dish as garlic delivery system. And it is incredibly pungent and delicious. (Check out Chef John's amazing trick for peeling a ton of garlic in about 20 seconds.) You'll puree the garlic, using it, first, to marinate the chicken pieces. Then, when you bake the chicken, the garlic puree will serve double-duty as a sticky garlic glaze. The roasted chicken pieces come out of the oven crusty, crispy, and browned with intense garlic flavor. And seriously, this recipe could not be easier to make. Watch the video, then get the recipe for Chef John's Chicken with 20 Cloves of Garlic. Garnish with a healthy handful of chopped Italian parsley. It's a great natural breath freshener. One clove of garlic equates to about 1 teaspoon of chopped garlic, 1/2 teaspoon bottled minced garlic, 1/8 teaspoon garlic powder, 1/4 teaspoon granulated garlic, or 1/2 teaspoon garlic flakes. A garlic bulb has approximately 10 cloves. A small clove of garlic is equivalent to 1/2 to 1 teaspoon of chopped garlic. A medium clove of garlic is equal to 1 to 1 1/2 teaspoons of chopped garlic. A large clove of garlic is equal to 2 to 2 1/2 teaspoons of chopped garlic. Forty cloves of roasted garlic makes about 18 teaspoons, or 6 tablespoons, of roasted garlic purée. A clove of garlic weighs about 3 grams. It has no fat or cholesterol, but it does contain 1 milligram of sodium and 1 gram of carbohydrates. Garlic is a member of the Allium genus, which includes onions, chives, leeks and shallots. While many international cuisines include garlic cloves for flavoring, a few also use the shoots, leaves and flowers of the garlic plant. The papery skin around the cloves and the root cluster are generally not consumed. Most varieties of garlic divide into several cloves, which are fleshy sections of the garlic bulb, but some types of garlic bulbs consist of a single clove. John Carey/Photolibrary/Getty Images While it's hard to know exactly because it varies by size, a medium onion minces to about a cup. Depending on the size and how finely the onion is minced, it may yield up to 2 cups. Onion powder or dried onion may work as a good substitute for diced or minced onion. Using these replacements often found in the dry spice aisle can help cooks avoid the tears and mess associated with fresh onions. If the taste and flavor of a fresh onion are preferred, there are many tools that will help minimize the trouble, such as a hand-held vegetable chopper or a food processor. Many recipes call for fresh garlic because the flavor and aroma are best right after a clove is peeled. If you don't have a bulb of garlic, there are a few easy substitutes that may already be in your spice cupboard. Dried forms, including garlic flakes and powder, can easily replace fresh cloves in the majority of dishes without sacrificing flavor. You will, however, have to make some adjustments to your recipe. Grocery stores are stocked with several forms of prepared garlic, including jars of minced garlic preserved in water and a variety of dried garlic options. They're a convenient way to add garlic's signature taste to food. Keeping at least one of these in the pantry ensures you always have a substitute when you run out of fresh garlic cloves. One clove of garlic produces approximately 1 teaspoon of chopped garlic or 1/2 teaspoon of minced garlic. When replacing fresh garlic, the flavor intensity is not the same, so you will need to adjust the measurement. Minced garlic: Use 1/2 teaspoon of jarred minced garlic in place of each clove. Garlic flakes: Also called dehydrated (or dried) minced garlic, use 1/2 teaspoon of garlic flakes in place of each clove. Granulated garlic: Use 1/4 teaspoon of granulated garlic in place of each clove. Garlic powder: Use 1/8 teaspoon of garlic powder in place of each clove. Garlic salt: Use 1/2 teaspoon of garlic salt in place of each clove. This will add an extra 3/8 teaspoon of salt, so decrease the salt in your recipe accordingly. If you have more than one of these garlic substitutes, go with the one that best mimics the texture of fresh garlic. Minced garlic is the closest match, and it can be used in recipes in the same ways that you'd use fresh powder. This jarred version does include ingredients to preserve the garlic, which is a deterrent for some cooks and can detract from the flavor. Among the dried options, garlic flakes are a good choice. Once hydrated in food, the flavor and texture of the flakes mimic fresh garlic relatively well. Granulated and powdered garlic will add the garlic flavor but no texture. They're typically best used in liquid recipes, such as marinades and sauces. Though there are drawbacks to each, any of these substitutes will add a garlicky flavor to your recipe. Use whichever one you have on hand. The Spruce / Theresa Chiechi Many recipes call for sautéing garlic in hot oil before adding the rest of the ingredients. When using a substitute, you will likely want to skip that step. In those recipes, fresh garlic is generally cooked very quickly because it burns easily and produces a bitter taste. You can sauté jarred minced garlic in a similar manner but only for a minute at most. In most instances, you're better off adding any garlic substitute later in the recipe. In a sauce or marinade, for instance, add it along with the other seasonings. If you're looking for a substitute because you just discovered your garlic has sprouted, you might not need one after all. Sprouted garlic is still safe to eat. Though slightly bitter, the green shoots can be eaten as well. If you prefer, slice a peeled clove open and remove the shoot from the center, then chop the rest of the clove. To keep your garlic from sprouting in the future, be sure to store it in a cool, dry place, and not in plastic bags. Properly stored garlic bulbs will keep for months. Refrigeration encourages sprouting and reduces garlic's shelf life to just a few weeks. If you're allergic to garlic or are preparing a meal for someone who is, try adding a bit of ginger or cumin to the recipe in its place. Neither tastes exactly like garlic, but they'll help to replace some of the flavor and fragrance that would otherwise be missing from the dish. Start with a small amount and work up, until you're pleased with the results.

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