MIDDLE EASTERN · SAUCE

Toum (Lebanese Garlic Sauce)

15 min · Makes 22 × 1 tbsp · 78 kcal a portion · Video 7:05 · Julius Fiedler

Vegan · Gluten-free ingredients · Nut-free

An egg-free, dairy-free garlic emulsion: a tablespoon is about 80 kcal, almost all of it from olive oil's mostly monounsaturated fat, with about 1 g of carbs.

Diet notes: Keto (1.1 g net carbs a serve).

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Ingredients

5 · MAKES 22 × 1 TBSP

- [ ] 70 g peeled **garlic** cloves (about 1 large bulb), germ removed
- [ ] 40 ml **lemon juice**
- [ ] 200 ml **olive oil** (plain or light, not extra-virgin), or a neutral oil
- [ ] 1 tsp **salt**
- [ ] 1 tbsp **ice-cold water**

Contains: none of the common allergens in the listed ingredients. Check labels on stock, sauces and spice mixes.

Method

TIMES = THE MOMENT IN THE VIDEO

1. Peel the garlic (soaking the cloves in cold water for an hour loosens the skins), halve each clove, pull out the green germ so the sauce isn't bitter, and cut the halves into small chunks. 3:03
2. Put the garlic in a tall jug that just fits a stick (immersion) blender, then add the lemon juice, oil, salt and ice-cold water all at once. 3:27
3. Set the blender head flat on the bottom of the jug and run it for about 10 seconds without moving it, so it pulls in a little oil at a time and starts to emulsify with the garlic. 3:42
4. Once it turns thick and white, lift the blender slowly to work in the rest of the oil until the toum is fluffy and holds its shape on a spoon, like a thick mayonnaise. 3:52
5. Spoon into a jar and refrigerate; the raw garlic bite mellows over a few days. If it stays runny, blend in 2 tbsp of chickpea liquid (aquafaba) to bring it together. 4:01

> **Tip** Keeps in an airtight jar in the fridge for up to 4 weeks. Serve with grilled chicken, kebabs or roast vegetables, or thin with lemon juice as a dressing. The video also shows a double batch made in a food processor.

The method is a summary in our words — the video shows every step.

One portion (1 tbsp) gives you

1 OF 22 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
78 kcal	0.2 g	1.2 g	0.1 g	8.3 g	110 mg
330 kJ	0% of a day	1.1 g net · 0.1 g sugars 0% of a day	0% of a day	1.1 g saturated 11% of a day	5% of a day

Energy from net carbs 6% · protein 1% · fat 93% — fits keto: 1.1 g net carbs, 93% of the energy from fat

Recipe and video: Julius Fiedler (@BakingHermann) on YouTube — youtube.com/watch?v=ZyOXoafZYT0, published 27 July 2023. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/toum-lebanese-garlic-sauce