

Minnesota Garlic Festival 2025 Recipes

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Christine “Montana” Rasmussen of River Rock Kitchen & Baking Co. in St. Peter *Roasted Garlic Seeded Crackers*

1 cup whole sunflower kernels
6 tablespoons flax seed
¾ cup sesame seeds
3 cups whole wheat flour
½ cup Kernza flour
½ teaspoon kosher salt
2 tablespoons honey
¼ cup canola oil
2-3 cloves of roasted garlic
1 ½ cup water, room temperature

1 egg white
2 tablespoons water
chopped pumpkin seeds, sesame seeds and kosher salt

Pulse sunflower seeds in a food processor till they become a coarse powder, be careful not to take them too far that they become a paste. Dump into your bowl. Grind your flax seeds next into a fine powder. Dump into your bowl. Combine seed powders, whole sesame seeds, flours, salt, honey, oil, roasted garlic and water. Mix in mixer with a paddle attachment on low speed for 1-2 minutes till dough forms into a uniform ball. The dough should be slightly tacky but not sticky. Add flour or water as needed to achieve proper texture. At this point the dough can be tightly wrapped in plastic wrap and left in the fridge overnight or up to 5 days.

Preheat oven to 250 degrees. Divide the dough into 8 parts. While working with each piece of dough, keep the others covered or wrapped in plastic to keep them from drying out. Roll each piece of dough between two pieces of parchment paper until it reaches the thickness of fruit leather, about 1/16th of an inch thick. Once the desired thickness is achieved, remove the top piece of parchment, lightly place it back on the dough, flip it over so the other piece of parchment is on top, and remove the top piece of parchment and set aside.

Whisk the egg whites and water together. Brush over the rolled dough. Sprinkle the crushed pumpkin seeds, sesame seeds and salt over the top. Cut into desired sizes using a pizza cutter. Place the parchment on a sheet pan and bake for 15 minutes. Remove pan from oven and break apart crackers. Return the pan to the oven and bake for another 10-15 minutes until lightly golden and mostly crispy. Place on a cooling rack and allow to cool completely before packaging. Crackers should crisp completely while cooling. If not, return to oven for another 5 minutes or until crisp.

Chef Shelagh Mullen of SheCooks.Design in St. Paul
Black Garlic and Tomato Chutney

Makes about 3 1/2 cups

2 tablespoons olive oil
1 large (about 2 cups) red onion, minced
2 tablespoons balsamic vinegar
2 tablespoons brown sugar
1 teaspoon ground cumin
1 teaspoon ground coriander
1 teaspoon red chili flakes
10 cloves black garlic, sliced minced
2 1/2 pounds ripe tomatoes (preferably organic), cored, skin on, cut into rough 1/2" chunks
2 teaspoons kosher salt
fresh cracked black pepper, to taste

Place a Dutch oven or heavy-bottomed pot over medium high heat, add the olive oil and onions. Sauté for about 5 minutes (no need to brown), until they are soft and translucent. Add the chili flakes, cumin, coriander, and brown sugar, and stir to bloom the spices, about 3 minutes. Toss in the tomatoes and add the balsamic, black garlic, kosher salt and pepper.

Simmer uncovered for about one hour until most of the moisture has evaporated and you're left with a jammy consistency. Stir every so often and use a wooden spatula to break up the tomatoes.

Taste and season with salt and more vinegar, if needed. Let the chutney cool completely and spoon into a jar. Chutney will last in the fridge for about two weeks.

Morgan Baum of Clay Coyote Pottery in Hutchinson
Charred Scallion, Garlic and Preserved Lemon Feta Dip

Serves 12 as an appetizer | Serve with warm pita wedges

2 bunches scallions (about 16–18), trimmed

1 large head garlic, top sliced off to expose cloves

olive oil, for drizzling

2 cups crumbled feta (sheep's milk preferred, packed in brine)

½ preserved lemon, pulp removed, peel finely minced (about 1 tablespoon) *or* 1 tablespoon

preserved lemon paste

zest of 1 lemon

juice of ½ lemon

¼ teaspoon cracked black pepper (optional)

warm pita bread, for serving

1. Place your Clay Coyote Flameware Grill Basket on the grill over medium-high heat.
2. In the basket, drizzle scallions and garlic with olive oil.
3. Grill scallions until charred and soft, turning occasionally (about 8–10 minutes).
4. Grill the garlic until soft and golden, about 20–25 minutes. Remove and let cool.
5. In a food processor, combine the feta, lemon zest, lemon juice, and preserved lemon.
6. Squeeze out the roasted garlic cloves and add them in.
7. Roughly chop the scallions and toss those in, too.
8. Blend until smooth and creamy. Add 1–2 tablespoons olive oil (or water) to loosen the texture, if needed.
9. Finish with a sprinkle of cracked pepper.

Notes:

- Serve warm or chill for an hour for a creamier texture.
- Make up to 2 days in advance; store in an airtight container.
- This dish pairs beautifully with grilled veggies, fresh crudité, or even spread on sandwiches. The Clay Coyote Flameware Grill Basket gives a rich, fire-kissed flavor.
- For dairy-free, swap in plant-based feta.

Chef Beth Fisher of Farm at the Arb at the Minnesota Landscape Arboretum in Chaska
Black Garlic Mayonnaise

Adapted from seriouseats.com

1 large whole egg
1 tablespoon lemon juice (from 1/2 a lemon)
1 teaspoon Dijon mustard
1 tablespoon black garlic, mashed
1 cup neutral oil like vegetable or canola
½ tablespoon kosher salt

Place egg, lemon juice and mustard in the bottom of a jar that just fits the head of your immersion blender. The egg/lemon juice mixture must reach the blades for this to work. If the mixture does not reach the blades, double the recipe before attempting. Add garlic. Pour oil on top and allow to settle for 15 seconds. Place head of immersion blender at bottom of cup and turn it on high speed. Do not pulse or move the head. As mayonnaise forms, slowly tilt and lift the head of the immersion blender until all oil is emulsified. Season mayonnaise to taste with salt. Refrigerate in an airtight container for up to 2 weeks.

Why It Works

By using a jar just wider than the head of the blender, the oil is gradually emulsified into the other ingredients. The oil floats at the top, so when you stick the blades of the hand blender down into the cup, they'll be in direct contact with the egg yolk, water, acid and mustard. The immersion blender creates a vortex, gradually pulling the oil down into the whirling blades.

Chef Mateo Mackbee of Krewe in St. Joseph
MN Maque Choux

1 tablespoon oil of your choice
2 tablespoons of butter
2 tablespoons onion, small dice
2 cups of fresh or frozen sweet corn
1 tablespoon poblano chile, small dice
1 tablespoon green bell pepper, small dice
1 tablespoon red bell pepper, small dice
1 teaspoon garlic, minced
2 tablespoons of slice shitake mushrooms
1 ½ cup heavy cream (coconut milk for vegan)
1 green onion, thinly sliced
1 teaspoon parsley, rough chopped
1 teaspoon creole seasoning (Tony C's preferred)
salt and pepper, to taste
1 baguette, sliced and toasted
optional: andouille sausage, chicken and or shrimp can be used as well.

Heat the oil in a medium skillet over medium-high heat. When the oil gets shiny, add the onion, poblano, garlic, bell peppers, mushrooms, and corn. Sauté for 5 minutes, stirring until the vegetables are softened. Add salt, pepper, creole seasoning and heavy cream and simmer until the corn is tender, 4-5 minutes, stirring occasionally. Add butter and melt just before serving. Garnish with green onion and parsley. Serve with warm baguette slices.