

By: Miguel Ángel Mateos



Marshmallows with Persimmon, Quince and Black Garlic.



DIFFICULTY
LOW



CUISINE
FUSION



SERVES
4



TYPE OF DISH
DESSERT



PREPARATION TIME
10 MINUTES



TYPE OF GARLIC
BLACK

Ingredients

- 1 head of Black Garlic
- 2 Persimmons
- 6 Large Marshmallows
- 50g Quince
- Extra Virgin Olive Oil

Step by Step



1. Peel the head of black garlic until left with clean cloves.
2. Peel the persimmons and cut into slices about 1cm thick. Cut these further into small squares and rectangular pieces.
3. Slice the quince and cut into various different shapes, which will bring a bit of height to the dish.
4. Cut up the marshmallows into slices.

FINISHING THE DISH:

5. Having prepared all the ingredients using the previous steps, arrange everything on a flat plate. Allocate about 4 cloves of black garlic per person, and arrange the remaining ingredients randomly around the plate.
6. To finish, drizzle a little olive oil over the top.



CHEF'S TIPS Miguel Ángel Mateos:

- The fruit used in this dish can easily be swapped for a variety of others, such as peaches, pears or apples, which all work wonders when combined with the oil, the sweetness of the quince and the subtle flavour of the black garlic.
- Try adding some lime or orange zest to finish off the dish and give it a little kick of citrus flavour.
- You can also try leaving all the chopped ingredients, with the exception of the marshmallows, to marinate in a little olive oil for around 10 minutes, and you will be blown away by the difference it makes to the taste to the dish.