



**Difficulty**

Easy



**Cuisine**

Mediterranean



**6 Diners**



**Time**

30 minutes



**Variety**

White

## Ingredients

- 1 clove of White Garlic
- 250 gr of Tiger Nuts
- 100 gr of non-refined Sugar
- 500 gr of Water
- 4 Flaky Toasts
- Lemon Peel
- Powdered Cinnamon

## Fresh Tiger Nut Milk with White Garlic



1. Peel the Garlic clove, halve it and remove the germ.
2. Take the peel of a half lemon, trying for it to be as thin as possible.
3. Put all the dry ingredients in a bowl, that is: the Garlic, the Lemon Peel and the Tiger Nuts.
4. Add the Sugar and Cinnamon and pour the Water. Mix thoroughly and leave to stand for 12 hours, to hydrate the Tiger Nuts.
5. When the time is up, pour the bowl contents in a blender and ground until the mix becomes a thick but smooth liquid.
6. To avoid impurities, put the Tiger Nut Milk through a sieve and store it in the fridge.

## Dish presentation

7. After 3-4 hours your Tiger Nut Milk will be fresh and ready to be enjoyed. Serve it in nice glasses, we used cocktail glasses.
8. Sprinkle some Cinnamon on the Tiger Nut Milk and serve with Flaky Toasts to dip.

## Tips from the Chef *Miguel Ángel Mateas*

- This home-made Tiger Nut Milk must be conserved in the fridge and it should be consumed within the next 1 or 2 days.
- If you wish to reduce the intensity of the garlic flavour, you can scald the garlic in boiling water 3 times, before adding it to the rest of the ingredients.