

Air Fryer Roasted Garlic: Easy, Soft & Flavorful!

Air Fryer Roasted Garlic: Effortlessly Golden & Flavorful!



OVEN
375°F

TIME
25 min

METHOD
Air fryer

PRINT
Recipe Card

INGREDIENTS

1 whole head of garlic
1-2 tsp olive oil
Pinch of salt (optional)
Aluminum foil

DIRECTIONS

- 1.** 1. Prep the Garlic: Start by taking one whole head of garlic. Using a sharp knife, carefully slice about a quarter-inch off the very top of the garlic head. This will expose the tops of the individual cloves. Discard the top. Place the prepared garlic head on a piece of aluminum foil. Drizzle 1-2 teaspoons of olive oil generously over the cut side, allowing it to seep down and coat the exposed cloves. Sprinkle with a little salt if desired. Wrap the garlic head tightly in the aluminum foil, creating a secure packet. Ensure no gaps for steam to escape.
- 2.** 2. Air Fry: Preheat your air fryer to 190°C (375°F). Once preheated, carefully place the wrapped garlic packet directly in the air fryer basket. Cook for 20-25 minutes, or until the cloves are golden brown, wonderfully soft, and beautifully caramelized. The exact time may vary slightly depending on the size of your garlic head and your air fryer model. You can check for doneness by carefully opening the foil (watch out for steam!) and squeezing a clove-it should be very soft and easily squeezed out.
- 3.** 3. Cool & Use: Once cooked, carefully remove the foil packet from the air fryer. Let the roasted garlic cool slightly for a few minutes until it's comfortable enough to handle. Then, simply squeeze the soft, caramelized cloves out from the bottom of the head.
- 4.** 4. Enjoy your freshly roasted garlic!

SWAPS & NOTES

Garlic: Use fresh, firm heads of garlic.

The variety of garlic can subtly affect the final flavor, but any common type will roast beautifully.

Olive Oil: A good quality extra virgin olive oil will add to the

overall flavor, but any olive oil works.

You can also use melted butter for a richer taste.

TIPS FOR SUCCESS

Don't Overcrowd: Only cook one or two heads at a time to ensure even roasting.

Tight Foil Wrap: A well-sealed foil packet helps steam the garlic, making it tender, and prevents it from drying out.

Check for Tenderness: The best way to know it's done is when the cloves are very soft and easily squeezed from their skins.

Cool Slightly: Roasted garlic is very hot.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/air-fryer-roasted-garlic-easy-soft-flavorful/>