

[Back to article](#)

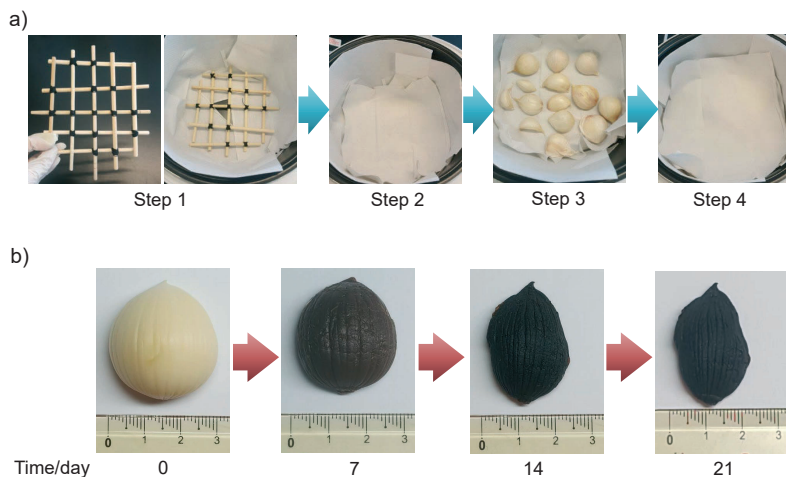


Fig. S1. Steps for black garlic preparation: a) thermal ageing process, and b) the effect of thermal ageing on the appearance of garlic. Step 1. Raise the bottom layer using a homemade bamboo rack. Step 2. Spread kitchen paper towels on top. Step 3. Evenly spread out the peeled garlic cloves. Step 4. Cover with another layer of kitchen paper towels. Stack up to three layers and place kitchen paper towels on the top layer. Finally, cover the pot with the lid of the electric cooker and keep it at a warm setting. After ageing for 7, 14 and 21 days, respectively, remove the black garlic