



SPANISH · CATALAN / VALENCIAN · SAUCE · CONDIMENT · UNIVERSAL SIDE

# Alioli (TM6, Egg Version)

Garlic, egg yolk, salt, lemon, olive oil. Streamed through the TM6 measuring cup hole at speed 5 for two minutes. The Spanish emulsion that anchors every tapa board — foolproof, reproducible, restaurant-caliber in three minutes flat.

Protein None (egg-emulsified)

Serves ~250 ml · keeps 3-5 days refrigerated

Difficulty Beginner

Active 5 min

Total 5 min + 30 min optional rest for garlic to mellow

## THE STORY

### The TM6's Foolproof Emulsion

Real Spanish alioli is garlic + olive oil + salt, pounded in a mortar and pestle for 20 minutes, held together by the fructan polysaccharides in garlic and sheer willpower. It is beautiful, primal, difficult. It is also not what most Spanish home cooks make Tuesday through Sunday.

The everyday Spanish alioli — the one on the tapa board, alongside the patatas bravas, on the fideuà — is the egg-stabilized version. Two garlic cloves minced to a paste, one egg yolk, a squeeze of lemon, and 200 ml of mild olive oil streamed in slowly while mixing. The egg yolk's lecithin handles the heavy lifting of emulsification; the garlic provides the flavor; the result is thick, pungent, yellow-white, and ready in three minutes.

The TM6 is the modern answer to this recipe. The measuring cup has a small hole in the center through which oil drips — a built-in flow regulator that solves the classical home-cook problem of pouring oil too fast and breaking the emulsion. At speed 5 with the oil flowing through that hole, the emulsion is physically difficult to break. Pablo's TM6 makes alioli in three minutes, every time, with texture and flavor that hold up alongside any restaurant version.

AT A GLANCE

# Specs

<p><b>YIELD</b></p> <p>~250 ml (serves 8–10 as condiment)</p>	<p><b>BASE</b></p> <p>Egg yolk + garlic + oil emulsion</p>	<p><b>TM6 SETTING</b></p> <p>Sp 5 · oil through measuring cup hole</p>	<p><b>DIFFICULTY</b></p> <p>Beginner</p> <p>●○○○○</p>
<p><b>ACTIVE TIME</b></p> <p>3–5 min</p>	<p><b>REST TIME</b></p> <p>Optional 30 min (garlic mellows)</p>	<p><b>MAKE-AHEAD</b></p> <p>Yes — 3–5 days refrigerated</p>	<p><b>CUISINE</b></p> <p>Spanish (Catalan / Valencian)</p>
<p><b>COURSE</b></p> <p>Condiment / Tapa Side</p>	<p><b>PAIRS WITH</b></p> <p>Everything grilled, fried, or charred</p>		

UMAMI ADAPTATION

## What Changed & Why

Classical mortar-and-pestle alioli (no egg) is the reference — covered under UMAMI-9 when that slot fills. This recipe is the everyday TM6 version that Pablo will make weekly as the anchor condiment for tapa boards, paella service (UMAMI-11), secreto (UMAMI-6), patatas bravas, and grilled bread. The adaptation keeps the classical Spanish proportions (2 cloves : 1 yolk : 200 ml oil : squeeze lemon + salt) and adds ● variants for the signature flavor extensions: alioli negro (black garlic), alioli quemado (kamado-charred garlic — Pablo's March 8 service pattern), miso alioli (Spanish-Japanese bridge), saffron alioli (paella plate companion).

CHANGE	ORIGINAL	UMAMI VERSION	WHY
TECH	Hand whisk OR mortar and pestle (no egg)	TM6 Sp 5, oil through measuring cup hole over 2 min	Built-in flow regulator — emulsion is nearly impossible to break

CHANGE	ORIGINAL	UMAMI VERSION	WHY
<b>TECH</b>	Pure EVOO (classical)	50/50 EVOO and neutral oil (grapeseed or avocado)	Pure EVOO can turn bitter when aggressively emulsified — blended gives Spanish character without bitterness
<b>ADD</b>	—	30-minute rest before serving	Raw garlic mellows into a more integrated flavor — sharp edge softens
<b>ELEV</b>	Classical alioli only	4 signature variants: negro, quemado, miso, saffron (●)	One base recipe + four variants = full alioli family in the fridge
<b>SUB</b>	White vinegar or cider vinegar	Fresh lemon juice OR sherry vinegar (Vinagre de Jerez)	Lemon is classical; sherry vinegar is the Spanish axis — choose by the dish it will accompany

## What You Need

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### Everyday

#### The Base

- 2 cloves garlic, peeled
- 1 egg yolk (yolk only — the white is not needed)
- 1/2 tsp fine sea salt
- 1 tbsp fresh lemon juice OR 1 tsp sherry vinegar
- 200 ml oil (100 ml EVOO + 100 ml neutral oil — grapeseed or avocado)
- Optional: pinch of black pepper at the end

#### Substitution Notes

- *No TM6?* Food processor works — oil dripped through the feed tube over 2 min while the motor runs. Hand-whisk also works with a bowl set on a kitchen towel — slower but produces identical result.
- *Pasteurized yolk?* For immune-compromised guests or expecting mothers: use pasteurized eggs (available at most grocery stores) OR make the mortar-pestle no-egg version (covered under UMAMI-9 when filed).
- *Broke the emulsion?* Rescue: start a fresh egg yolk in a clean bowl. Drizzle the broken mixture into the new yolk slowly, whisking (or running TM6 at Sp 5). The fresh yolk's lecithin re-starts the emulsion.

## ● No Limits

### Premium Base

- 2 cloves Las Pedroñeras purple garlic (Spanish, milder, more complex than commodity)
- 1 egg yolk from a pasture-raised or farmers market egg (yolk color will be deeper orange — translates to a more vivid alioli color)
- 1/2 tsp Maldon fine sea salt OR Korean cheonilyeom
- 1 tbsp fresh Meyer lemon juice OR 1 tsp Vinagre de Jerez Reserva (Pablo ✓)
- 200 ml oil: 100 ml Arbequina EVOO (Pablo ✓) + 100 ml avocado oil

### Variant 1: Alioli Negro (Black Garlic, ●)

- Replace regular garlic with 3 cloves black garlic (fermented)
- Black garlic is sweet, molasses-like, not sharp — completely different profile
- Everything else identical
- Color: deeper caramel-black instead of ivory
- Best with: Ibérico secreto (UMAMI-6), grilled lamb, pork belly

### Variant 2: Alioli Quemado (Kamado-Charred Garlic, ●)

- 6–8 whole garlic cloves, unpeeled
- Place directly on the dying coals of a kamado (or at the cool edge of a gas grill) for 8–10 minutes until skins are blackened and flesh is soft
- Cool, peel (blackened skin slips off), use in place of regular garlic
- Pablo's March 8 service pattern — the secreto three-sauce plate
- Best with: UMAMI-6 Secreto three-sauce service

### Variant 3: Miso Alioli (Spanish-Japanese, ●)

- Add 1 tbsp white miso to the base before starting the emulsion
- Everything else identical
- Umami-boosted, slightly saltier — adjust salt down to 1/4 tsp
- The Spanish-Japanese axis in a single condiment
- Best with: grilled fish (UMAMI-7 whole fish when filed), kamado-grilled vegetables

### Variant 4: Saffron Alioli (●)

- Bloom 1/8 tsp Spanish saffron DO threads in 1 tbsp warm water for 10 min
- Add the saffron with its water to the base before the emulsion
- Golden-yellow color, floral aromatic
- Best with: UMAMI-11 Paella (dollop in the center of each plate), grilled white fish, seafood stew

## EQUIPMENT

### Your Kit

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- Thermomix TM6 (Pablo ✓)

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- Measuring cup (with hole in the center — standard TM6 accessory)

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- Rubber spatula (for scraping)

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- Small glass jar or airtight container for storage

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- Optional: citrus squeezer for fresh lemon

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- Optional: kamado (for ● quemado variant)

## MISE EN PLACE

### Before You Start

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- Garlic peeled, ready to drop in TM6 bowl

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- Egg yolk separated — white discarded or saved for meringue

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- Salt measured in a small dish

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- Lemon juiced (or sherry vinegar measured)

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- Oils measured in a single glass or small pitcher — EVOO + neutral blended together

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- Empty storage jar ready

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- TM6 bowl cleaned and dry (water droplets interfere with emulsion)

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- For ● variants: additional ingredients staged (black garlic cloves, saffron blooming, miso measured, or kamado-charred garlic cooled and peeled)

## MAKE-AHEAD

# Timeline

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- **T-0 – Chop garlic**  
Drop peeled garlic cloves into TM6 bowl. Sp 7 for 5 seconds. Scrape down the sides.
- **T-30 sec – Add base**  
Add egg yolk + salt + lemon juice (or sherry vinegar) to the bowl. Scrape down.
- **T-0 – Start emulsion**  
Put measuring cup in lid hole position. Set Sp 5. Press play.
- **T+0 – Pour oil through hole**  
Pour the 200 ml oil blend slowly through the measuring cup hole. Aim for a steady thin stream over 90 seconds to 2 minutes. The hole is your flow regulator.
- **T+2 min – Check consistency**  
Open the lid. Scrape down. Alioli should be thick and glossy, holding peaks when you lift a spoon. If thin, run Sp 5 another 20 sec.
- **T+2:30 – Taste + adjust**  
Taste. Adjust: more salt if flat, more lemon if heavy, more oil (30 sec Sp 5) if too pungent.
- **T+3 min – Transfer to jar**  
Scrape into an airtight jar. Cover. Refrigerate.
- **T+30 min – First use**  
Optional: 30 min rest in fridge lets the raw garlic mellow into a more integrated flavor. Especially useful for milder-palate dinner guests.

## METHOD

# The Cook

### 1 TM6 Setup + Garlic Chop

1. Ensure the TM6 bowl is completely dry. Water droplets interfere with the emulsion initiation — this is the single detail most often overlooked.
2. Drop 2 peeled garlic cloves into the bowl. Place the lid on.
3. Set Sp 7 for 5 seconds. The garlic chops fine — near-paste texture.
4. Scrape down the sides with a spatula. Any garlic stuck to the bowl walls will not be incorporated into the emulsion if left there.

#### WHY THIS WORKS

The initial chop at Sp 7 ruptures enough garlic cell walls to release the fructan polysaccharides that contribute to the alioli's texture — but not so much that the garlic becomes a watery paste. Sp 7 for exactly 5 seconds is calibrated. Longer produces a looser, slightly sulfurous garlic mush; shorter leaves visible chunks that interrupt the final smooth texture. The dry-bowl requirement matters because the emulsion depends on oil dispersing into a protein-rich base (yolk + salt + acid) — any free water in the bowl at the start creates pockets where the emulsion fails locally. Reference: Sauces and Condiments chapter 3 (Emulsion Science).

## 2 Build the Emulsion Base

1. Add 1 egg yolk to the bowl (yolk only — the white is NOT used in alioli; save it for meringue, cocktail foam, or discard).
2. Add 1/2 tsp fine sea salt (or Maldon fine for ●).
3. Add 1 tbsp fresh lemon juice (or 1 tsp sherry vinegar for Spanish axis).
4. (● variants): if making miso alioli, add 1 tbsp white miso now. If making saffron alioli, add the bloomed saffron + its water. If making alioli negro, the black garlic cloves were already in at the chop step. If making alioli quemado, kamado-charred garlic was already in.
5. Scrape down the sides to make sure everything is concentrated at the bottom of the bowl near the blades.
6. Put the measuring cup in its standard lid position. The cup has a small hole in its center — this is the oil-stream flow regulator.

### WHY THIS WORKS

The emulsion base — yolk + salt + acid — is where the magic begins. Egg yolk contains roughly 10% lecithin, a phospholipid with a hydrophilic head and a hydrophobic tail. When oil droplets enter the mix, lecithin molecules surround each droplet with the hydrophobic tail facing the oil and the hydrophilic head facing the water phase. This creates physically stable oil-in-water emulsions at concentrations up to 70% oil. The salt pre-dissolves in the acid (lemon or vinegar) because salt dissolves poorly in pure oil. The acid also provides the necessary low pH that keeps the egg yolk's ovalbumin proteins stable during emulsification. Reference: Sauces and Condiments chapter 3.

### 3 Stream the Oil — Trust the TM6

1. Set TM6 to Sp 5. Press play.
2. Immediately begin pouring the oil blend (100 ml EVOO + 100 ml neutral) through the hole in the measuring cup. Aim for a steady thin stream — the hole's small diameter acts as the natural flow regulator.
3. Total pour time should be 90 seconds to 2 minutes for 200 ml of oil. If the oil pours in all at once too fast, stop, let the TM6 run 10 seconds to incorporate what's already in, then continue. Faster streams are the #1 emulsion-breaking mistake, but with the measuring cup hole it's physically difficult to pour too fast.
4. As the oil emulsifies, you will hear the sound change — the bowl goes from liquid-sloshing to a thicker, slower sound as the emulsion builds. This is the auditory signal.
5. When all oil is in, let the TM6 run another 20–30 seconds at Sp 5 to fully homogenize.

#### WHY THIS WORKS

At Sp 5, the TM6 blades spin at roughly 5,000 RPM, creating enough shear force to break the oil into micro-droplets as it enters the bowl. Each new droplet is immediately surrounded by lecithin molecules from the yolk, stabilizing it. The slow oil-pour rate is mandatory — if oil enters the bowl faster than the lecithin can coat the new droplets, the oil pools and the emulsion breaks. The measuring cup hole is a physical fail-safe against too-fast pouring. This is why the TM6 alioli is nearly impossible to break: the hardware solves the human-error problem. Reference: Sauces and Condiments chapter 3 (Emulsion Science); Thermomix TM6 chapter 4 (Emulsion Programs).

### 4 Check + Adjust + Rest

1. Open the lid. Scrape down the sides with a spatula. The alioli should be thick and glossy, holding soft peaks when lifted with a spoon.
2. If too thin: run Sp 5 for another 20 seconds. Sometimes the final emulsion just needs an extra pass.
3. If too thick / stiff: add 1 tsp of cold water, run Sp 4 for 10 seconds to loosen slightly.
4. Taste. Adjust seasoning: 1/4 tsp more salt if flat; 1 tsp more lemon or sherry vinegar if heavy or too pungent; a few extra drops of oil if the garlic is overwhelming.
5. Scrape into an airtight glass jar. Cover.
6. For best flavor: refrigerate for at least 30 minutes before serving. The raw garlic's sharp sulfurous edge mellows over this rest into a more integrated, rounded flavor. For dinner guests who are not garlic-heads, the 30-minute rest is especially helpful.

## QUICK REFERENCE

# Timing Cheat Sheet

STEP	TIME	CUE
Prep mise	3 min	Garlic peeled, yolk separated, oil measured, bowl DRY
Chop garlic in TM6	Sp 7 / 5 sec	Near-paste, scrape down
Add yolk + salt + acid + any additions	30 sec	Everything at bottom of bowl
Start TM6 Sp 5	Begin timer	Cup in lid, ready to pour
Stream oil through cup hole	90 sec - 2 min for 200 ml	Thin steady stream, never too fast
Finish Sp 5 run	Extra 20-30 sec	Sound changes — thick, slow, glossy
Check + adjust	30 sec	Thick, holds peaks, seasoned correctly
Transfer to jar + rest	30 min fridge (optional)	Garlic mellows, texture firms slightly

## TROUBLESHOOTING

# Emergency Protocols

### EMULSION BROKE — OIL SEPARATED, LOOKS GREASY

RESCUE: Crack a fresh egg yolk into a clean bowl (or clean TM6 bowl). Start Sp 5. Slowly drizzle the broken alioli mixture into the new yolk through the measuring cup hole — the fresh lecithin re-starts the emulsion. Works 90% of the time.

 **ALIOLI IS TOO BITTER OR SHARP**

Too much raw garlic, OR pure EVOO was aggressive. Three fixes: (1) 30-minute fridge rest mellows garlic significantly. (2) Add 1 tsp honey and pulse Sp 4 for 5 sec — rounds bitterness. (3) Next time: use 50/50 EVOO and neutral oil (not pure EVOO).

 **ALIOLI IS TOO LOOSE / RUNNY**

More oil OR less water-phase. Add another 30–50 ml oil through the hole at Sp 5 — the extra oil tightens the emulsion. Or: if it's already at 250 ml oil, add a second egg yolk and run Sp 5 for 30 sec — more lecithin means more emulsion stability.

 **ALIOLI TASTES FLAT / LIFELESS**

Under-seasoned. Three moves in order: (1) 1/4 tsp more salt; (2) 1 tsp more lemon or sherry vinegar for brightness; (3) pinch of white pepper for a subtle warmth. Taste after each addition.


 **WATER GOT INTO THE BOWL BEFORE STARTING**

Water droplets disrupt the emulsion initiation. If detected before starting: wipe dry with paper towel and restart. If already mid-emulsion and it breaks: rescue with a fresh egg yolk per the first fix.

 **PURE EVOO ALIOLI TASTES BITTER**

Pure EVOO's polyphenols become bitter when aggressively mechanically emulsified. This is why the recipe uses 50/50 with a neutral oil. For rescue: add 50–100 ml neutral oil and run Sp 5 for 20 sec to blend. The bitterness diffuses.

 **GARLIC IS TOO ASSERTIVE FOR THE DISH**

Reduce garlic to 1 clove next time. OR: use alioli negro variant (black garlic is sweet not sharp). OR: use alioli quemado (kamado-charred garlic mellows the raw edge). All three variants are in the  card section.

## Technique Notes

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### ● Universal: The Measuring Cup Hole Is Your Flow Regulator

TM6 TECHNIQUE · EMULSION CONTROL · UNIVERSAL

The standard TM6 measuring cup has a small hole in its center. This is not arbitrary — it is a physical flow regulator designed specifically for emulsion recipes. When you pour oil through the hole at Sp 5, the hole's diameter limits the maximum flow rate to approximately the speed the emulsion can safely incorporate. This is why the TM6 alioli is nearly impossible to break: the hardware solves the classical home-cook failure mode of pouring oil too fast. Trust the cup. Just pour — it cannot go wrong as long as you do not manually plug the hole. The same principle works for hollandaise, béarnaise, and mayonnaise on the TM6. Reference: Thermomix TM6 chapter 4.

### ● Universal: Dry Bowl Is Non-Negotiable

TM6 TECHNIQUE · EMULSION SETUP · UNIVERSAL

The TM6 bowl must be completely dry before the alioli emulsion starts. Water droplets on the bowl walls or blades create localized pockets where the emulsion cannot form — oil pools, lecithin struggles, and the entire batch can break in those spots. This is the most commonly overlooked detail and the silent cause of mysterious failures. Wipe the bowl thoroughly with a dry towel before adding any ingredients. The same rule applies to any emulsion on the TM6 (hollandaise, béarnaise, mayonnaise). Reference: Sauces and Condiments chapter 3.

### ● Universal: 30-Minute Rest for Garlic Mellow

FLAVOR DEVELOPMENT · REST · UNIVERSAL

Freshly made raw-garlic alioli has a sharp sulfurous edge that some guests find aggressive. A 30-minute rest in the refrigerator lets the raw garlic's most volatile compounds (diallyl sulfides, allicin) reduce and integrate into the fat phase. The resulting alioli is rounder, more integrated, and more palatable across a wider range of palates. This rest is optional for garlic-loving cooks and guests but highly recommended when the alioli will be served to a varied audience. The alioli can rest 30 minutes OR up to 12 hours — it only improves during that time. Reference: Sauces and Condiments chapter 4 (Spanish Foundations).

## ● No Limits: Alioli Negro (Black Garlic Variant)

FLAVOR • PREMIUM VARIANT • SUBSTITUTES BASE GARLIC

Black garlic is aged garlic — whole heads are held at 60–70 °C with controlled humidity for 4–6 weeks. The result is a sweet, molasses-like, almost balsamic-flavored cloves that are completely different from raw garlic: no sharp bite, deep caramelized sweetness, jet black color. Replacing raw garlic with 3 cloves of black garlic in the base produces alioli negro — a dramatic dark caramel condiment that pairs brilliantly with rich meats (Ibérico secreto, lamb, pork belly). The color is unusual on a plate and often starts conversation. Available at specialty shops or online; keeps months refrigerated. One of the four ● variants in the signature Pablo alioli family. Reference: Sauces and Condiments chapter 4.

## ● No Limits: Alioli Quemado (Kamado-Charred, March 8 Service)

FLAVOR • PABLO SIGNATURE • SUBSTITUTES BASE GARLIC

Pablo's March 8 secreto service used this variant. Method: place 6–8 whole unpeeled garlic cloves directly on dying kamado coals (or at the cool edge of a gas grill) for 8–10 minutes until skins are blackened and flesh is soft. Cool, peel (blackened skin slips off), use in place of raw garlic in the base. The resulting alioli is smoky, sweet, mellow — the fire adds a subtle char dimension without aggressive bitterness. This is the variant that completes the UMAMI-6 secreto three-sauce service (mojo verde + brava negra + alioli quemado). Also works brilliantly with any kamado-cooked protein, letting the fire identity carry through into the sauce. Reference: Sauces and Condiments chapter 4; MEMORY.md March 8 cook.

## ● No Limits: Miso Alioli (Spanish-Japanese Umami Bridge)

FLAVOR • FUSION • EXTENDS BASE RECIPE

Add 1 tbsp of white shiro miso to the base before starting the emulsion. The miso brings Japanese umami depth (glutamates) without salting the alioli (reduce salt to 1/4 tsp since miso is salty). The resulting alioli is subtly sweet-savory, with a depth that classical alioli lacks. Excellent with grilled fish (UMAMI-7 when filed), kamado-grilled vegetables, and as the binding ingredient for a modern Spanish-Japanese crudo plate. This is the Spanish-Japanese axis in a single condiment — same emulsion science, two culinary heritages bridged. Reference: Sauces and Condiments chapter 5 (Umami Synergy); Pantry and Staples chapter 8.

PAIRING

## What to Drink

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### Wine — Everyday

Albariño (Rías Baixas, Galicia)

*Albariño's high acid and minerality cut the alioli's richness. A dollop of alioli on a piece of pan con tomate or a shrimp tapa pairs beautifully with a chilled glass of Albariño. Classical Spanish pairing.*

### Wine — No Limits

Txakoli (Basque, slightly spritzzy)

*The spritzzy character of Txakoli refreshes the palate between bites of alioli-dressed food. Poured from height in the Basque tradition. Especially good with fish-forward tapa spreads where alioli anchors the board.*

### Spanish Sherry

Manzanilla or Fino (chilled)

*Sherry's dry oxidative character provides a non-wine companion for alioli-heavy tapa spreads. Small pours, chilled. Great during the dinner-party cocktail hour when multiple alioli variants are on the table.*

### Casual Alternative

Crisp Spanish lager (Estrella, Mahou, Alhambra)

*For casual outdoor tapas service. Cold lager cuts alioli's fat and refreshes between bites. The universal Spanish casual pairing.*

## Menu Ideas

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### Tapa Board Anchor (dinner for 6–12)

Alioli is the anchor of any Spanish tapa board. Classical alioli in the center; one or two ● variants (quemado and negro work well together) in smaller bowls. Accompaniments: patatas bravas, grilled vegetables, jamón, Manchego, pan con tomate, grilled sourdough (UMAMI-10). Build-your-own-bite pattern per Pablo's preference.

### Paella Service (UMAMI-11)

Classical Spanish paella service always includes a small bowl of alioli alongside the paellera. Diners can add a small dab to each spoonful of paella — the alioli adds richness to the rice and a garlic bridge to the seafood. Saffron alioli (●) is an especially elegant match — doubles the saffron note between the plate and the condiment.

### Three-Sauce Secreto (UMAMI-6)

Pablo's March 8 service pattern: sliced Ibérico secreto + three sauces in small bowls — mojo verde, brava negra, alioli quemado. The ● quemado variant of this recipe completes that specific pattern. Build-your-own-bite across the three sauces.

### Pablo-Specific Integration

This recipe produces the condiment base that anchors dozens of future Pablo cooks. The TM6 method is reproducible and Pablo-proven. Four ● variants (negro, quemado, miso, saffron) unlock UMAMI-6 (secreto three-sauce), UMAMI-11 (paella alongside), UMAMI-7 (miso alioli for whole fish when filed), UMAMI-9 (sits in the sauces directory for cross-reference by every protein recipe). A foundational weekly-make-ahead item.

YOUR NOTES

# Cook Log

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## Session Notes

Date: \_\_\_\_\_ · Serves: \_\_\_\_\_ · Rating: \_\_ / 5

*Use this space to record what you changed, what worked, and what you'd do differently next time. Your future self will thank you.*



Stop following recipes. Start understanding food.

