

# Early to Rise Customer Support

[Knowledgebase](#) > [Chef Gui Eat More Burn More](#) > [Do you have any recommendations for substitutes for onion and garlic to give taste to recipes that call for them in some form?](#)

## Do you have any recommendations for substitutes for onion and garlic to give taste to recipes that call for them in some form?

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There is no real replacement for onions and garlic (they are so unique in taste). However, here is a Mediterranean trick: use anchovies. Anchovies can be cooked in a bit of extra-virgin olive oil to give a lot of taste to a dish. They melt (yes!) so you won't find them in the dish, and the taste is actually subtle. Use them as you would use onion or garlic.