

Bagna Cauda – Italian Garlic Sauce

Ingredients	Preparation
Ingredients: 400 grams Fresh Garlic 10-15 Canned Anchovies or 2 tablespoons of Anchovy Paste 200ml Olive Oil For Dipping: <u>Pinzimonio</u> (freshly cut vegetables) Boiled Potato Cabbage, thinly sliced Canned Beets Steamed Broccoli Steamed Cauliflower Fresh Bread Suggested Wine Pairing: <u>Aldo Clerico Barolo</u> Serves: 4 portions	1. Peel the garlic cloves and dump in a pot of boiling water, stirring occasionally. When the water starts to boil again, remove and drain the garlic. In the pot, mix the oil and anchovies (or paste if desired) and cook, stirring occasionally, until the anchovies have broken or ‘dissolved’ into tiny pieces. 2. Add the drained garlic to the pan, and if necessary, add more oil to just barely cover. Lower the heat to a simmer, and let everything cook, stirring occasionally to keep the garlic from burning on the bottom. 3. Cook until the garlic is soft, then begin mashing the garlic in the pan using a fork. The bagna cauda can also be lightly blended using a stand or immersion blender, but must be done with care to not splash the hot oil. 4. Once the garlic is either mashed or blended, bring the sauce back to a simmer stirring occasionally while your dipping vegetables are prepped. Serve piping hot in dianet or ladle over plated vegetables.

This recipe is courtesy of Nonna Mariuccia of Trattoria Risorgimento in Trieso, Italy.

Bagna Cauda is a sauce from Piemonte, Italy. Every family has a different recipe. Some families boil the garlic in sparkling water or milk, others prefer to blend the sauce into a smooth sauce. You can even make it without the pungent garlic, swapping garlic cloves for turnip pieces.

Bagna cauda can be served as both an appetizer or an entrée, the piemontese love it both ways. When served as the main dish, it is accompanied by more diverse vegetables, and almost always served in a dianet, or a terracotta bowl suspended over a small candle. The lit candle keeps the bagna cauda always bubbling and hot as the diner works their way through the vegetables.

Traditionally served with bagna cauda are boiled potatoes, bell pepper slices, beets, cabbage, broccoli, and cauliflower. When the bagna cauda is finished, to clean up the last remnants in the bowl, an egg is broken and cooked slowly over the last embers of the candle flame to absorb every bit of oily-garlicky goodness.