



Anchoïade aux Câpres: Anchovy Sauce and Dip

Yield: about $\frac{3}{4}$ cup

This traditional Provençal sauce or dip celebrates anchovy's kick of salty umami. The best part? Its versatility. This works as a dip for veggie crudité or crackers, a savory base for unctuous vinaigrettes, a spread to add vibrancy to a sandwich and a sauce drizzled on fish, roasted vegetables, poultry or even lamb.

Anchoïade (awn-shwoy-awd) often includes capers or wine vinegar to give a twang of acid or brightness. I've also included a version including fresh basil, not a traditional ingredient for anchoïade, but I've seen it used in Southern French versions as an herby variation.

Ingredients

4 ounces of anchovies in olive oil (*2 two-ounce tins or 4-ounce jar*)

3 garlic cloves, peeled

1 to 1½ teaspoons capers, drained and rinsed (*substitute option: 1 teaspoon wine vinegar*)

$\frac{1}{2}$ cup extra-virgin olive oil (*more to use as a vinaigrette*)

Optional garnish: sprinkle some rinsed, drained capers on top

Steps

1. Drain and briefly rinse anchovies to remove any gritty bits.
2. In a mini-food processor or blender, puree the anchovies, garlic and capers. Pour in the olive oil and blend.
3. Scrape down the sides, blend until smooth or not grainy. Transfer to a serving bowl.

Basil Lemon Version:

4 ounces of anchovies in olive oil (*2 two-ounce tins or 4-ounce jar*)

3 garlic cloves, peeled

$\frac{1}{2}$ cup extra-virgin olive oil (*more to use as a vinaigrette*)

1-2 teaspoons fresh lemon juice (*jarred/refrigerated lemon juice will not work well*)

Add 1 $\frac{1}{2}$ ounces (about $\frac{2}{3}$ cup packed leaves)

Optional garnish: add a few small basil leaves on top

Steps

1. Drain and briefly rinse anchovies to remove any gritty bits.
2. In a mini-food processor or blender, puree the anchovies and garlic. Pour in the olive oil and blend.
3. Scrape down the sides, add the basil and lemon juice and blend until smooth. Transfer to a serving bowl. Optional garnish of rinsed capers sprinkled on top.

Storage and Serving Ideas

Store for up to 5 days.

The anchoïade can be refrigerated, covered, for up to 4 hours. If it becomes separated before service, mix well or blend again.