

Alioli Sauce

Alioli in Spain, aioli in France, garlic mayonnaise in Britain. Traditionally, this would be made with 100% olive oil, preferably extra virgin. Personally, I find that a bit too rich and prefer to cut it 50/50 with something lighter like sunflower oil. Be guided by your own palate. Either way, you need a good hit of garlic.

This is best done in a food processor. This quantity is perfect for the small bowl of my Moulinex.

Planning

| | |
|---------------|---------|
| serves: | n/a |
| prep time: | 10 mins |
| cooking time: | n/a |

Ingredients

2 egg yolks
4 plump cloves garlic
2 tbs lemon juice
½ tsp fine sea salt
125ml olive oil
125ml sunflower oil

Method

Pop the two egg yolks into the bowl of a food processor. You can, of course, use the traditional glass bowl and manual whisk, should you prefer. Crush the garlic finely and add it to the egg yolks, followed by the lemon juice and salt. Blitz/whisk together well.

Now gradually add the mixed oils, very little at first, blitzing/whisking all the time. Adding oil too fast at first could cause the mixture to split. Continue adding oil gradually until about half the oil is added, when you will have a stable emulsion and can add the remaining oil more steadily.

You should end up with a thick, unctious heart attack waiting to happen. Enjoy!