

Salt and Serenity

Bagna Cauda

½ cup olive oil
3 cloves finely chopped garlic
4 whole cloves
3 tablespoons anchovy paste
2 cups 35% cream

1. In a medium sized saucepan, heat olive oil over low heat. Add garlic and cloves and cook for a few minutes until very fragrant. Do not brown the garlic.
2. Add anchovy paste and stir well. Add cream and continue simmering over low heat until sauce thickens and comes together and changes colour. This will take about 2 hours. You will need to stir the sauce every few minutes. This is a labour of love and patience, but well worth the effort.
3. Sauce can be made several hours ahead and gently reheated. Serve over fish or as a dip with bread and crudité. It is especially wonderful with roasted peppers and Romanesco broccoli.