

Alioli

Preparation time: approx. 10 minutes

The traditional recipe for Alioli does not use eggs, it is literally just garlic, oil and salt mixed in a pestle & mortar until it is frothy and resembles mayonnaise - a lot of hard work! This way of preparing Alioli using an electric food mixer is probably the most common used today, both at home and in bars and restaurants, and the version you will have most likely tasted.

Ingredients

600 ml virgin olive oil
4 cloves garlic
2 large eggs
A dash of vinegar or lemon juice
Salt

Method

1. Place the garlic, eggs, lemon juice/vingar, salt and around 100ml of the olive oil into a food mixer.
2. Put on to a gentle mix, once you have a smooth consistency, slowly add the rest of the olive oil, mixing all the time.
3. The mixture will thicken and look like mayonnaise.
4. Transfer to an airtight container and store in the fridge (NB: because this recipe uses fresh eggs the Alioli will only last for a short time).

Tips & Variations

Add a bit of chopped flat leaf parsley for a change.

Serving suggestion

Lots of fresh crusty bread, such as a baguette.
Use as great accompaniment to meats, fish and salad