

Garlic Sauce (La Sauce d'Ail)

Andre' Daguin - (*Le Nouveau Cuisinier Gascon*)
The Good Cook Sauces - Time-Life Books

Yield: 1/2 cup

6 cloves garlic, green center shoots removed
12 walnuts
1 teaspoon Armagnac
salt
pepper
1/3 cup olive oil
chopped ham

In a mortar, pound the garlic, walnuts and Armagnac to a smooth paste.

Season with salt and pepper.

Gradually add the oil, turning the mixture with the pestle. The amount of oil should equal the combined volume of the garlic and nuts.

Finally, if you wish, add herbs of your choice.

This pungent sauce is suitable for pasta, boiled vegetables and poached fish.

Chopped chervil, hyssop or marjoram may be added to the sauce. Avoid chives and tarragon.

Per Serving (excluding unknown items): 9762 Calories; 920g Fat (78.9% calories from fat); 366g Protein; 187g Carbohydrate; 75g Dietary Fiber; 0mg Cholesterol; 18mg Sodium. Exchanges: 12 Grain(Starch); 46 1/2 Lean Meat; 1 Vegetable; 158 1/2 Fat.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	9762	Vitamin B6 (mg):	8.5mg
% Calories from Fat:	78.9%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	7.1%	Thiamin B1 (mg):	3.2mg
% Calories from Protein:	14.0%	Riboflavin B2 (mg):	1.6mg
Total Fat (g):	920g	Folacin (mcg):	983mcg
Saturated Fat (g):	64g	Niacin (mg):	10mg
Monounsaturated Fat (g):	243g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	568g	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refuse:	n n%
Carbohydrate (g):	187g	Food Exchanges	
Dietary Fiber (g):	75g	Grain (Starch):	12
Protein (g):	366g	Lean Meat:	46 1/2
Sodium (mg):	18mg	Vegetable:	1

Potassium (mg): 7932mg
Calcium (mg): 903mg
Iron (mg): 47mg
Zinc (mg): 51mg
Vitamin C (mg): 54mg
Vitamin A (i.u.): 4440IU
Vitamin A (r.e.): 450RE

Fruit: 0
Non-Fat Milk: 0
Fat: 158 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 9762 **Calories from Fat:** 7702

% Daily Values*

Total Fat	920g	1415%
Saturated Fat	64g	320%
Cholesterol	0mg	0%
Sodium	18mg	1%
Total Carbohydrates	187g	62%
Dietary Fiber	75g	301%
Protein	366g	
Vitamin A		89%
Vitamin C		89%
Calcium		90%
Iron		259%

* Percent Daily Values are based on a 2000 calorie diet.