

Provençal Anchovy Sauce (Anchoiade)

Lucette Rey Billeton - (Les Bonnes Recettes du Soleil)
The Good Cook Sauces - Time-Life Books

Yield: 1 cup

10 salt anchovies, soaked, filleted,
rinsed and dried
3 cloves garlic
2/3 cup olive oil
pepper

In a mortar, pound the anchovy fillets with the garlic cloves. When they have been reduced to a paste, pour in the olive oil in a thin trickle, beating the mixture all the time, as though you were making mayonnaise.

Season the sauce with pepper.

Serve it chilled.

This sauce can accompany raw vegetables, cold meats and poached fish. You can also spread it on slices of toasted bread and reheat the bread very gently before serving.

Per Serving (excluding unknown items): 1274 Calories; 143g Fat (98.9% calories from fat); 1g Protein; 3g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 2mg Sodium. Exchanges: 1/2 Vegetable; 28 1/2 Fat.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	1274	Vitamin B6 (mg):	.1mg
% Calories from Fat:	98.9%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	0.9%	Thiamin B1 (mg):	0mg
% Calories from Protein:	0.2%	Riboflavin B2 (mg):	0mg
Total Fat (g):	143g	Folacin (mcg):	trace
Saturated Fat (g):	19g	Niacin (mg):	trace
Monounsaturated Fat (g):	105g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	12g	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refuse:	0.0%
Carbohydrate (g):	3g	Food Exchanges	
Dietary Fiber (g):	trace	Grain (Starch):	0
Protein (g):	1g	Lean Meat:	0
Sodium (mg):	2mg	Vegetable:	1/2
Potassium (mg):	36mg	Fruit:	0

Calcium (mg): 17mg
Iron (mg): 1mg
Zinc (mg): trace
Vitamin C (mg): 3mg
Vitamin A (i.u.): 0IU
Vitamin A (r.e.): 0RE

Non-Fat Milk: 0
Fat: 28 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 1274 **Calories from Fat:** 1260

% Daily Values*

Total Fat	143g	219%
Saturated Fat	19g	96%
Cholesterol	0mg	0%
Sodium	2mg	0%
Total Carbohydrates	3g	1%
Dietary Fiber	trace	1%
Protein	1g	
Vitamin A		0%
Vitamin C		5%
Calcium		2%
Iron		4%

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