

Garlic Mayonnaise (L'Atoli)

Paul Bouillard (*La gourmandise à Bon Marche*)
The Good Cook Sauces - Time-Life Books

Yield: 1 3/4 cups

6 cloves garlic
3 egg yolks
1/4 teaspoon salt
1 1/2 cups olive oil
3 tablespoons fresh lemon juice
1 tablespoon boiling water

In a mortar, pound the garlic until it is reduced to a paste. Add the egg yolks one at a time. Season the mixture with the salt, then proceed as for mayonnaise.

Pour a thin thread of oil into the mortar while constantly mixing the ingredients together with the pestle. From time to time, add a few drops of the lemon juice.

The finished aioli should be thick and smooth. Stir in the boiling water to keep it from separating.

Aioli is a triumph of Provencal cooking. It is served with a variety of foods that have been simply cooked in salted water - cod, carrots, turnips, hard-boiled eggs, artichokes and all kinds of Mediterranean seafood.

Per Serving (excluding unknown items): 3081 Calories; 339g Fat (97.4% calories from fat); 10g Protein; 11g Carbohydrate; 1g Dietary Fiber; 638mg Cholesterol; 558mg Sodium. Exchanges: 1 Lean Meat; 1 Vegetable; 1/2 Fruit; 67 Fat.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	3081
% Calories from Fat:	97.4%
% Calories from Carbohydrates:	1.4%
% Calories from Protein:	1.2%
Total Fat (g):	339g
Saturated Fat (g):	48g
Monounsaturated Fat (g):	245g
Polyunsaturated Fat (g):	29g
Cholesterol (mg):	638mg
Carbohydrate (g):	11g
Dietary Fiber (g):	1g

Vitamin B6 (mg):	.4mg
Vitamin B12 (mcg):	1.5mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.3mg
Folacin (mcg):	79mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	0
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Protein (g): 10g
Sodium (mg): 558mg
Potassium (mg): 176mg
Calcium (mg): 108mg
Iron (mg): 3mg
Zinc (mg): 2mg
Vitamin C (mg): 27mg
Vitamin A (i.u.): 978IU
Vitamin A (r.e.): 291 1/2RE

Lean Meat: 1
Vegetable: 1
Fruit: 1/2
Non-Fat Milk: 0
Fat: 67
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 3081 **Calories from Fat:** 3000

% Daily Values*

Total Fat 339g 522%
 Saturated Fat 48g 242%
Cholesterol 638mg 213%
Sodium 558mg 23%
Total Carbohydrates 11g 4%
 Dietary Fiber 1g 2%
Protein 10g

Vitamin A 20%
Vitamin C 44%
Calcium 11%
Iron 18%

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