

AIOLI

Aioli is a Provencal garlic mayonnaise with that is the perfect accompaniment to crudite or any simple fish or meat dishes. Because it contains raw eggs, you should use good organic eggs to avoid any risk of salmonella contamination. Provided that you are very patient in amalgamating the yolks and oil, you will produce a perfect aioli. Aioli will keep for about a week in the refrigerator.

2 egg yolks

225ml/8 ozs light olive oil or a mix of olive and rapeseed oils

1 large clove of garlic crushed finely

juice of 1 lemon

salt to taste - a little less than ½ teaspoon usually

METHOD

1. Place the egg yolks in a clean, dry bowl.
2. Add the crushed garlic clove.
3. Beat together well using a small whisk or even a normal table fork.
4. VERY VERY SLOWLY add a couple of drops of olive oil to the garlic and egg mixture. Beat until no trace of the oil remains and it has been well incorporated.
5. Add another couple of drops of oil and again beat in very well until the ingredients are well amalgamated.
6. Continue to add a few drops of oil at a time, beating in well before adding more oil.
7. This process cannot be rushed. If it is, the results could be disastrous as the entire mixture could separate out.

8. Continue to add the oil slowly until about four ounces have been used up. Then add the salt and about 1 tablespoon of lemon juice and continue beating.
9. At this stage the oil can be added a little more quickly - about a teaspoonful at a time. When about three quarters of the oil has been used up, taste the mayonnaise and adjust the seasoning. More lemon juice and salt may be required.
10. Add the last of the olive oil slowly in a steady stream, beating all the while. Once all the oil has been added, continue to beat until a good thick mixture is produced.
11. Place in a container with a well fitting lid and refrigerate. The very longest that one ought to keep the aioli is for four to five days.

ROUILLE

This is a variation of aioli from Provence served with fish soup. Simply add a pinch of saffron and cayenne pepper and allow to stand before serving so that the flavour of the aioli, saffron and cayenne amalgamate.

Rouille can also be made by blending together bread, red peppers, garlic and oil.