

Bagna Cauda (Warm Bath) – Olive Oil Based Dip

History: An Italian sauce made of olive oil, butter, garlic and anchovies. This sauce, a specialty of Piedmont, Italy, is served warm as an appetizer with raw vegetables for dipping.

From the Italian words, bagno caldo, meaning "hot bath." Pronounced: BAHN-yah KOW-dah.

Uses: Served as a warm dip for raw, lightly steamed or roasted vegetables such as asparagus, baby carrots, fennel, radishes, and eggs.

Benefits to Health: Olive oil is rich in monounsaturates, known to lower systemic inflammation, and is a powerful anti-oxidant. Anchovies have fewer environmental contaminants than bigger fish, being lower on the food chain. They are a super-food rich in protein and minerals that are vital to bone health, and B vitamins that play a role in energy production. Garlic contains allicin that is amazing for immune system, any circulatory condition, helpful in detoxing metals and improving bone health.

Ingredients:

1 c. olive oil
4 cloves garlic, minced
10 anchovies
4 Tbs. butter
2 tsp. chopped parsley
1 lemon, juiced
pinch of chile flakes

Method:

In small sauce pan, cook garlic slowly in olive oil until fragrant. About 1 minute. Add whole anchovies simmering until they dissolve. About 4-5 minutes. Lower heat and add chile flakes. Whisk butter in slowly, being careful not to overheat. Adjust seasoning. Add parsley and lemon right before serving. Serve in baby fondue pot with flame underneath or an earthenware dish right in the center of all the vegetables. Makes about 1-1/2 cups. This sauce is best made and served on the same day.