

## GARLIC Marinade

*makes about 1 cup (250 mL)*

|        |                                |        |
|--------|--------------------------------|--------|
| 2 tbsp | PASTENE Garlic Vinegar         | 30 mL  |
| 3      | garlic cloves, minced          | 3      |
| 1 tbsp | Dijon mustard                  | 15 mL  |
| 1 tbsp | chopped fresh parsley          | 15 mL  |
| 1 tsp  | chopped fresh thyme            | 5 mL   |
| ¾ cup  | PASTENE Extra Virgin Olive Oil | 175 mL |
| ¼ tsp  | black pepper                   | 1 mL   |

- In a bowl, mix vinegar, garlic, mustard, parsley, and thyme until well blended.
- In a second bowl, combine olive oil and black pepper. Whisk vinegar mixture into olive oil mixture. Use this marinade with fish, chicken or meat.

## GREEN DRESSING with Capers

*makes about 2 cups (500 mL)*

|        |                                    |        |
|--------|------------------------------------|--------|
| 1 cup  | PASTENE Extra Virgin Olive Oil     | 250 mL |
| 2      | egg yolks                          | 2      |
| ¼ cup  | PASTENE Wine Vinegar               | 60 mL  |
| 3 tbsp | PASTENE Capers in Vinegar, drained | 45 mL  |
| 3 cups | fresh spinach, washed and drained  | 750 mL |
|        | salt and pepper                    |        |

- In a blender or food processor, blend olive oil, egg yolks, and vinegar until smooth.
- Add capers and spinach and blend until well mixed. Season to taste with salt and pepper. This is a nice dressing for salads containing PASTENE Artichokes Hearts and PASTENE Hearts of Palm.

## AÏOLI Sauce

*makes about 2½ cups (625 mL)*

|        |                                |        |
|--------|--------------------------------|--------|
| 2 cups | PASTENE Extra Virgin Olive Oil | 500 mL |
| 3      | egg yolks                      | 3      |
| 6      | garlic cloves, chopped         | 6      |
| 1      | egg yolk                       | 1      |
| 1 tsp  | PASTENE Extra Virgin Olive Oil | 5 mL   |
| 2 tbsp | PASTENE Garlic Vinegar         | 30 mL  |
| 2 tbsp | chopped fresh parsley          | 30 mL  |
|        | salt and pepper                |        |
|        | fresh lemon juice              |        |

- In a blender, combine first two ingredients to make a smooth mixture; pour into a bowl and set aside.
- In the same blender, combine garlic, 1 egg yolk, 1 tsp (5 mL) olive oil, vinegar, and parsley until smooth and creamy.
- Add garlic mixture to the first mixture. Season with salt and pepper and lemon juice to taste. This classic sauce is delicious with cold steamed vegetables, salads or fish.

