

# Salmoriglio Sauce

OLIVE OIL AND LEMON SAUCE

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**MAKES** 1 BOWL (3/4 CUP, 190ML)    **PREP TIME** 5 MINS    **TOTAL TIME** 5 MINS

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- ¼ tsp **salt**
- 4 Tbsp (60 ml) **freshly squeezed lemon juice**
- 1 tsp **water**
- 8 Tbsp (½ cup) (120 ml) **extra virgin olive oil**
- 1 clove **garlic**, finely chopped
- 1 tsp **dried oregano**
- 1 tsp **parsley**, roughly chopped (optional)
- a few rounds of **freshly ground black pepper**

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KEY: **pinch** (⅛ tsp) | **tsp** = teaspoon (5ml) | **Tbsp** = Tablespoon (15ml)

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1. In a bowl, dissolve the **salt** with the **lemon juice** and **water**.
2. Add the **olive oil** and whisk until well emulsified.
3. Stir in the chopped **garlic**, **oregano** and **parsley**, if using, and a few rounds of freshly ground **pepper**. Whisk to re-emulsify before serving.

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## Storage

Keep refrigerated in an airtight container for up to 2 weeks.

## Variations

- **Jar Method:** Shake ingredients vigorously in a closed jar in the same order as instructed above. Shake to re-emulsify before serving.
- **Garlic** - Pound to a smooth purée with a pestle, or by scraping it with a slanted wide blade of a knife.
- **Parsley** - Use on its own as a great substitute for oregano.
- **Mint** - Add a handful of fresh **spearmint** as an addition to, or substitute for, oregano. **Peppermint** has a stronger flavor. Experiment to see which you like best.
- **Dill, fennel fronds, rosemary** or **cilantro** can be used as a substitute for oregano.
- A touch of **hot chili powder** or **flakes**, although not traditional, will work for all you hot and spicy lovers.
- **Capers** - With firm, dense fish like swordfish or tuna. Note, capers can easily overpower more delicate fish such as sea bass.
- **Dijon mustard** - A nice touch, and can help keep the sauce emulsified longer. Mix in before adding the oil.

Another great recipe from **MEDITERRANEANTASTE.COM**