

Salmoriglio Sauce

OLIVE OIL AND LEMON SAUCE

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

- **1/4 tsp salt**
- **4 Tbsp (60 ml) freshly squeezed lemon juice**
- **1 tsp water**
- **8 Tbsp (1/2 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**

KEY: **pinch** (1/8 tsp) | **tsp** = teaspoon (5ml) | **Tbsp** = Tablespoon (15ml)

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.

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.