
Bagna Cauda

*Chef Rich Ferretti - Ferretti's Restaurant - Sarasota, FL
Sarasota's Chef Du Jour - 1992*

DIPPING SAUCE

1/4 pound (1/2 cup) butter

1/2 cup olive oil

6 cloves garlic, minced

2 cans (4 ounce ea) anchovies

1/4 cup cream (optional)

FRESH VEGETABLES (trim and cut)

cauliflower

carrots

bell peppers

celery

celery cabbage (bok choy)

garlic bread

Chop the anchovies. Mince the garlic finely or place in a blender with 1/4 cup of olive oil to mince.

Saute' in a pan until bubbling. Add the butter and heat slowly for 2 to 3 minutes.

Add cream, if you desire.

Serve warm as a dip for the vegetables or in individual ramekins with vegetables and garlic bread.

Yield: 6 to 10 servings

Appetizers

Per Serving (excluding unknown items): 1202 Calories; 132g Fat (96.9% calories from fat); 4g Protein; 6g Carbohydrate; trace Dietary Fiber; 69mg Cholesterol; 531mg Sodium. Exchanges: 1/2 Lean Meat; 1 Vegetable; 26 Fat.