Garlic and Basil Sauce (Sauce Pistou a l'Ail)

Jean and Paul Minchelli (Crustaces Poissons et Coquillages)
The Good Cook Sauces - Time-Life Books

Yield: 1 1/4 cups

5 or 6 cloves garlic, cooked for 10 minutes in boiling water and drained
15 fresh basil leaves
2 egg yolks
salt
white pepper
fresh lemon juice
3/4 cup olive oil

Crush the garlic cloves and the basil in a mortar. Add the egg yolks, salt, pepper and a little lemon juice.

Pour in the oil slowly, in a thin stream, pounding it in with the pestle so that the sauce thickens into a mayonnaise.

This sauce is suitable for hot or cold pasta dishes, for grilled strong-flavored fish such as sardines or mackerel, for fish soups, or for crudites.

Per Serving (excluding unknown items): 1575 Calories; 172g Fat (96.9% calories from fat); 7g Protein; 6g Carbohydrate; trace Dietary Fiber; 425mg Cholesterol; 17mg Sodium. Exchanges: 1/2 Lean Meat; 1 Vegetable; 34 Fat.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	1575	**Vitamin B6 (mg):**	.3mg
% Calories from Fat:	96.9%	**Vitamin B12 (mcg):**	1.0mcg
% Calories from Carbohydrates:	1.5%	**Thiamin B1 (mg):**	trace
% Calories from Protein:	1.7%	**Riboflavin B2 (mg):**	.2mg
Total Fat (g):	172g	**Folacin (mcg):**	54mcg
Saturated Fat (g):	25g	**Niacin (mg):**	trace
Monounsaturated Fat (g):	123g	**Caffeine (mg):**	0mg
Polyunsaturated Fat (g):	15g	**Alcohol (kcal):**	0
Cholesterol (mg):	425mg	**% Refuse:**	0.0%
Carbohydrate (g):	6g	**Food Exchanges**	
Dietary Fiber (g):	trace	**Grain (Starch):**	0
Protein (g):	7g	**Lean Meat:**	1/2
Sodium (mg):	17mg	**Vegetable:**	1
Potassium (mg):	126mg	**Fruit:**	0
Calcium (mg):	84mg	**Non-Fat Milk:**	0

Iron (mg):	2mg	**Fat:**	34
Zinc (mg):	1mg	**Other Carbohydrates:**	0
Vitamin C (mg):	6mg		
Vitamin A (i.u.):	936IU		
Vitamin A (r.e.):	223RE		

Nutrition Facts

Amount Per Serving

Calories	1575	Calories from Fat: 1526

	% Daily Values*
Total Fat 172g	265%
Saturated Fat 25g	125%
Cholesterol 425mg	142%
Sodium 17mg	1%
Total Carbohydrates 6g	2%
Dietary Fiber trace	2%
Protein 7g	

Vitamin A	19%
Vitamin C	10%
Calcium	8%
Iron	12%

* Percent Daily Values are based on a 2000 calorie diet.