

# Garlic Sauce (La Sauce d'Ail)

Andre' Daguin - (Le Nouveau Cuisinier Gascon)  
The Good Cook Sauces - Time-Life Books

## Yield: 1/2 cup

6 cloves garlic, green center shoots  
removed  
12 walnuts  
1 teaspoon Armagnac  
salt  
pepper  
1/3 cup olive oil  
chopped ham

In a mortar, pound the garlic, walnuts and  
Armagnac to a smooth paste.

Season with salt and pepper.

Gradually add the oil, turning the mixture with the  
pestle. The amount of oil should equal the  
combined volume of the garlic and nuts.

Finally, if you wish, add herbs of your choice.

*This pungent sauce is suitable for  
pasta, boiled vegetables and poached  
fish.*

*Chopped chervil, hyssop or marjoram  
may be added to the sauce. Avoid  
chives and tarragon.*

Per Serving (excluding unknown  
items): 9762 Calories; 920g Fat  
(78.9% calories from fat); 366g  
Protein; 187g Carbohydrate; 75g  
Dietary Fiber; 0mg Cholesterol;  
18mg Sodium. Exchanges: 12  
Grain(Starch); 46 1/2 Lean Meat; 1  
Vegetable; 158 1/2 Fat.

Sauces and Condiments

## Per Serving Nutritional Analysis

Calories (kcal):	9762	Vitamin B6 (mg):	8.5mg
% Calories from Fat:	78.9%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	7.1%	Thiamin B1 (mg):	3.2mg
% Calories from Protein:	14.0%	Riboflavin B2 (mg):	1.6mg
Total Fat (g):	920g	Folacin (mcg):	983mcg
Saturated Fat (g):	64g	Niacin (mg):	10mg
Monounsaturated Fat (g):	243g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	568g	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refused:	n n%
Carbohydrate (g):	187g	<b>Food Exchanges</b>	
Dietary Fiber (g):	75g	Grain (Starch):	12
Protein (g):	366g	Lean Meat:	46 1/2
Sodium (mg):	18mg	Vegetable:	1

**Potassium (mg):** 7932mg  
**Calcium (mg):** 903mg  
**Iron (mg):** 47mg  
**Zinc (mg):** 51mg  
**Vitamin C (mg):** 54mg  
**Vitamin A (i.u.):** 4440IU  
**Vitamin A (r.e.):** 450RE

**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 158 1/2  
**Other Carbohydrates:** 0

## Nutrition Facts

### Amount Per Serving

**Calories** 9762      **Calories from Fat:** 7702

### % Daily Values\*

<b>Total Fat</b>	920g	1415%
Saturated Fat	64g	320%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	18mg	1%
<b>Total Carbohydrates</b>	187g	62%
Dietary Fiber	75g	301%
<b>Protein</b>	366g	
<b>Vitamin A</b>		89%
<b>Vitamin C</b>		89%
<b>Calcium</b>		90%
<b>Iron</b>		259%

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