

Fried Caper Vinaigrette

Elizabeth Karmel - For The Associated Press

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Preparation Time: 10 minutes

2/3 cup olive oil, divided

1 tablespoon salt-cured capers, rinsed and chopped

2 tablespoons shallots, chopped

1 teaspoon (about 2 cloves) garlic, grated

1/3 cup red wine vinegar or sherry vinegar

1 teaspoon whole-grain Dijon mustard

pinch sea salt

pinch ground black pepper

In a medium saute' pan over medium, heat 1/4 cup of the oil. Add the capers, shallots and garlic. Cook, stirring constantly, for 2 to 4 minutes or until just starting to brown but the oil is still clear.

Transfer to a medium bowl, including all of the cooking oil. Set aside to cool.

Once the mixture has cooled, add the vinegar, mustard, salt and pepper. While whisking, drizzle in the remaining oil. Whisk until thoroughly blended.

Adjust the seasoning with additional salt and pepper, if necessary, and use immediately or refrigerate in a tightly sealed container for up to two days.

Yield: 1 cup

Per Serving (excluding unknown items): 1279 Calories; 143g Fat (98.5% calories from fat); 1g Protein; 4g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 3mg Sodium. Exchanges: 1 Vegetable; 28 1/2 Fat.