

CITRIC GARLIC AIOLI

Gluten Free, Dairy Free, Low Chemical

Makes 1 ¼ cups



Ingredients:

- 2 large cloves of garlic
- 260 ml rice bran oil
- 1 egg
- ½ tsp citric acid
- 1 tblsp boiled water, cooled until it is room temperature

Method:

- Preheat the oven to 220°C
- Boil some water and cool it back to room temperature
- Take the outer skin off the garlic cloves and cut off the top quarter of the clove
- Use foil to form a small 'tray' to hold the garlic cut side up
- Drizzle 2 tsp of oil over the garlic and then completely cover and seal it with the foil
- Place in the oven for 40 minutes
- Remove from the oven and cool
- Scoop out the pulp and discard the skin shell
- Place the garlic pulp, citric acid and egg into a cylindrical bar-mix whisking dish
- Puree these ingredients together with the bar-mix
- Add 1 tsp of oil and whisk with bar mix
- Continue adding the oil in small amounts and whisking until about half the oil is added and the mixture has thickened
- Now you can add the rest of the oil, still gradually, but in larger quantities each time
- If you feel it is too thick once all the oil has been added, add about 1 tablespoon of cooled water and whisk together

Suggested uses:

- Use as a dipping sauce for meats, seafood and vegetables
- Spread over sandwiches and wraps
- **Puree 1 tablespoon of parsley into the Aioli to change its flavour**