

Traditional recipes

Bagna Cauda

Ingredients:

- **1/4 cup superior quality olive oil**
- **1/4 cup butter,**
- **3 1/2 oz anchovies cleaned and washed**
- **4 cloves of garlic**
- **1 cup milk**
- **4-5 lemon slices**
- **peppers and other vegetables**

Instructions:

- **Cook over a low heat to dissolve the anchovies.**
- **Mince 4cloves of garlic and soak them in 1 cup milk four two hours (this reduces the garlic's strong flavour and helps it to be easily digested)**
- **Drain the milk, add the garlic to the anc hovy mixture and simmer-stirring occasionally-until the garlic and anchovies are completely dissolved.**
- **Slice the cardoon (covering them in water and 4-5 lemon slices will conserve their whiteness), peppers and other vegetables for serving.**

TIME:2H

Oz=ounce=28,349g