Recipe Aïoli

Aïoli is a classic Mediterranean garlic sauce, traditionally made by emulsifying garlic and olive oil. Here's a recipe inspired by some of the best versions available:

Ingredients

- 2 large garlic cloves, finely grated or crushed
- 1/4 teaspoon kosher salt
- 1 large egg yolk, at room temperature
- 1/2 cup extra-virgin olive oil
- 1 teaspoon fresh lemon juice

Instructions

1. Prepare the Workspace

- Dampen a kitchen towel and shape it into a ring on the countertop.
- Place a medium mixing bowl inside the ring to keep it steady during the whisking process.
- Measure out 1/2 cup of extra-virgin olive oil into a measuring cup with a spout for easy pouring.

2. Combine Initial Ingredients

- In the mixing bowl, add the finely grated or crushed garlic, 1/4 teaspoon of kosher salt, and the egg yolk.
- Whisk the mixture briefly until well combined.

3. Emulsify the Mixture

- Begin adding the olive oil to the egg yolk mixture very slowly, starting with just a few drops at a time, while whisking continuously.
- As the mixture starts to thicken and emulsify, you can increase the oil addition to a thin, steady stream.
- Continue whisking vigorously until all the oil is incorporated and the aioli is thick and smooth.

4. Add Lemon Juice

- Whisk in 1 teaspoon of fresh lemon juice to the aioli.

- Taste the Aïoli and adjust the seasoning with additional salt or lemon juice if desired.

Serve

- Transfer the Aïoli to a serving dish.
- It's best enjoyed fresh but can be stored in the refrigerator for up to 2 days.

Tips

- Ensure all ingredients are at room temperature to facilitate proper emulsification.
- If the aïoli becomes too thick, you can whisk in a few drops of water to achieve the desired consistency.
- For a milder garlic flavor, consider using roasted garlic instead of raw.

Aïoli

This recipe is inspired by traditional methods and incorporates tips from various sources, including The Mediterranean Dish and Allrecipes

Enjoy your homemade Mediterranean aioli as a dip for vegetables, a spread for sandwiches, or a sauce for grilled meats and seafood!

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Last update: **2025/02/07 17:59**