

VINAIGRETTE

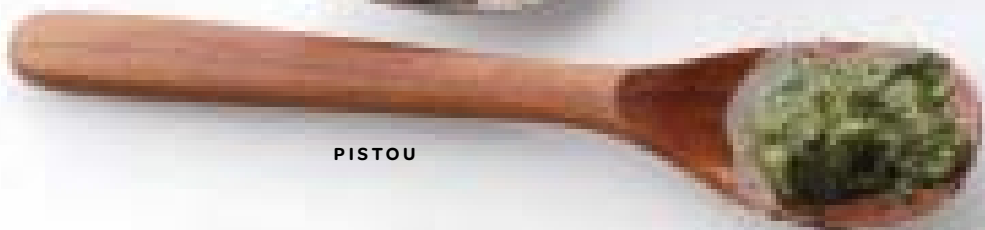


JUST A SPOONFUL...

ANCHOÏADE



PISTOU



ROUILLE



TAPENADE



AÏOLI



PHOTOGRAPHS BY *Con Poulos*
RECIPES AND FOOD STYLING BY *Anna Kovel*

... OF ONE OF THESE ROBUST, SAVORY SAUCES IS ENOUGH to elevate your grilled seafood or simple salad into a mouthwatering meal. These six classics are mainstays of French country cooking for a reason: They're uncomplicated, versatile, and packed with flavor. Master them and you'll be dressing like the French all summer.



TAPENADE A SAVORY OLIVE PASTE

A blend of black olives, anchovies, capers, garlic, herbs, and olive oil, tapenade is packed with briny flavor. Here, it revs up a composed salad of sliced, sautéed chicken breast, hard-cooked eggs, whole raw radishes, crunchy romaine lettuce, and peppery arugula.

YOUR SUMMER SAUCES REPERTOIRE

These six recipes cover all the bases, providing perfect accompaniments to meat, seafood, salads, and cooked vegetables.

AÏOLI

(eye-OH-lee)

ACTIVE/TOTAL TIME 20 MIN.
MAKES 1½ CUPS

Made with a mortar and pestle or whisked in a bowl, this mayonnaise is rich, garlicky, perfect. Try with: seafood, vegetables, a steak sandwich.

- 2 garlic cloves
- Coarse salt
- 2 large egg yolks, room temperature
- 1 tablespoon fresh lemon juice
- 1 tablespoon water
- 1¾ cups extra-virgin olive oil, divided

1. Chop garlic, and add a pinch of salt. Mash into a paste with a knife's flat side or a mortar and pestle.

2. Whisk egg yolks with ½ teaspoon salt in a bowl. Slowly add lemon juice and water, and whisk until thoroughly blended.

3. Add about ¼ cup oil, drop by drop, whisking until emulsified.

4. Gently whisk in remaining oil in a steady trickle. Stir in garlic. (To store, refrigerate, covered, up to 2 days. If aioli separates, whisk 1 egg yolk with 1 tablespoon tepid water in a bowl. Gradually whisk in aioli until combined. Whisk in ¼ cup oil.)

ROUILLE

(roo-EE)

ACTIVE TIME 20 MIN.
TOTAL TIME 40 MIN.
MAKES 1½ CUPS

This mayo is like aioli, only fired up with cayenne pepper and laced with fragrant saffron.

Try with: shellfish, grilled fish or pork, bouillabaisse.

- ½ teaspoon saffron threads
- ¼ cup boiling water, plus up to 2 tablespoons more if needed
- 2 garlic cloves
- Coarse salt
- 1 cup torn white bread, crust removed
- 1 large egg yolk, room temperature
- 1½ cups extra-virgin olive oil, divided
- ¼ teaspoon cayenne pepper or 2 crushed dried red chiles
- ¼ teaspoon sweet paprika

1. Crush saffron, and place in a medium bowl. Pour ¼ cup boiling water over; steep 15 minutes.

2. Meanwhile, chop garlic, and add a pinch of salt. Mash into a paste with a knife's flat side or a mortar and pestle.

3. Add bread to saffron water; press to absorb.

4. Add egg yolk; stir to combine. Gradually add ¼ cup oil, drop by drop, stirring constantly, until

smooth. Stir in remaining oil in a steady trickle.

5. Stir in garlic, cayenne or chiles, and paprika, and season with salt. (To store, refrigerate, covered, up to 2 days.)

TAPENADE

(TA-puh-nahd)

ACTIVE/TOTAL TIME 20 MIN.
MAKES 1½ CUPS

A dab loads any meal with Provençal flavor.

Try with: green beans, goat cheese, grilled lamb.

- 2 teaspoons loosely packed fresh thyme leaves, coarsely chopped (1¼ teaspoon)
- 3 anchovy fillets
- 2 tablespoons capers, rinsed
- 1 garlic clove, minced (about 1 teaspoon)
- 2 cups olives, such as Niçoise or Kalamata, drained and pitted
- ¼ cup plus 2 tablespoons extra-virgin olive oil

VINAIGRETTE

(vihn-uh-GREHT)

ACTIVE TIME 10 MIN.
TOTAL TIME 25 MIN.
MAKES ½ CUP

This is the gold standard of salad dressings: a perfect blend of oil and acidity.

Try with: leafy greens, boiled leeks, artichokes.

- 2 tablespoons shallot, minced (from 1 shallot)
- 2 tablespoons white-wine vinegar
- 2 teaspoons Dijon mustard
- ¼ teaspoon coarse salt
- ½ cup extra-virgin olive oil

ANCHOÏADE

(ahn-show-YAHD)

ACTIVE/TOTAL TIME 10 MIN.
MAKES ½ CUP

Not for the faint of heart—or tender of taste bud—it's an anchovy lover's dream.

Try with: any grilled food.

- 16 anchovy fillets
- 2 garlic cloves, minced (about 1 teaspoon)
- 2 tablespoons extra-virgin olive oil
- 4 teaspoons fresh lemon juice
- 2 tablespoons finely chopped fresh flat-leaf parsley
- Freshly ground pepper or red-chile flakes (optional)

1. Coarsely chop anchovies; combine with garlic and oil in a small skillet. Cook over medium-low heat until anchovies melt, stirring while cooking to crush anchovies into a paste.

2. Remove from heat. Stir in lemon juice, parsley, and pepper. Serve warm or at room temperature.

PISTOU

(pees-TOO)

ACTIVE/TOTAL TIME 20 MIN.
MAKES ½ CUP

Like pesto, it's a flavor booster par excellence.

Try with: vegetable soup, tomato salads, mozzarella.

- 1 large garlic clove
- Coarse salt and freshly ground pepper
- 2 cups packed basil leaves
- ¼ cup finely grated Parmesan cheese (¾ ounce), divided
- ¼ cup extra-virgin olive oil, plus more for storing

ROUILLE

(roo-EE)

ACTIVE/TOTAL TIME 20 MIN.
MAKES ½ CUP

This garlicky golden mayonnaise gets added body from a handful of white-bread cubes that have been soaked in water.

Here, it's served with head-on shrimp that have been poached until opaque in salted water with fennel, orange peel, bay leaves, and red onion.

1. Combine shallot, vinegar, mustard, and salt; let stand 15 minutes.

2. Add oil in a steady trickle, whisking constantly, until emulsified. Whisk in remaining oil in a steady stream. (To store, refrigerate, covered, up to 2 days.)

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Traditionally spread on the little toasts served with Provençal soupe de poisson (fish soup), rouille—a rich, spicy mayonnaise—lights up just about any type of seafood.



ROUILLE

A FIERY SAFFRON MAYONNAISE

This garlicky golden mayonnaise gets added body from a handful of white-bread cubes that have been soaked in water. Here, it's served with head-on shrimp that have been poached until opaque in salted water with fennel, orange peel, bay leaves, and red onion.

VINAIGRETTE

A PERFECTLY BALANCED DRESSING

While the term is tossed around like so many leaves of lettuce, a classic vinaigrette is a mixture of wine vinegar and oil—often with shallot and Dijon mustard—whisked until its components are harmoniously combined. A bright, sharp dressing, it enlivens any salad, such as this one of butter lettuce and pea shoots with mint leaves, snipped fennel buds, and chives. Add a slice of broiled goat cheese—topped toast and you have a light meal.



AÏOLI

A GARLICKY MAYONNAISE

In the South of France, aïoli refers not only to this beloved mayonnaise but also to a feast in which salt cod, squid, snails, and all manner of raw and boiled vegetables are served with bowls of the sauce. In our version, the rich, smooth emulsion of oil, egg yolk, garlic, and lemon juice accompanies a plate of skin-on striped bass that has been brushed with oil, seasoned with salt and pepper, and grilled until just cooked through. The potatoes, carrots, and baby leeks—boiled in salted water until tender—also benefit from a dip in the sunny, potent potion.

PISTOU

THE FRENCH ANSWER TO PESTO

In France, this blend of basil, olive oil, garlic, and sometimes Parmesan cheese is stirred into a vegetable potage known as soupe au pistou. Like its Italian cousin, it works well with noodles and can also brighten a hearty salad such as this one, a mix of blanched green beans, boiled cranberry beans, shell-shaped pasta, and halved cherry tomatoes.



Pistou can be blended together in a food processor, but when made the old-fashioned way, with a mortar and pestle, it will fill your kitchen with the scent of basil, the essence of summer.



ANCHOÏADE

A ROBUST ANCHOVY DIP

To make this pungent sauce, anchovies are melted in a pan with garlic so the flavors marry. The intensity of anchoïade makes it capable of standing up to other strong flavors, such as this platter of country bread and summer vegetables, which have been brushed with olive oil, simply seasoned, and charred on the grill.