



Tapenade of Provence

Accompagnies aperitifs and first courses. This preparation owes its name to the word “tapeno”, meaning “capers”.

Ingredients :

500 g of black olives

300 g of capers

10 to 20 anchovies

Olive oil

1 or 2 cloves of garlic

10 cl of Cognac or rum

mustard

Herbs of Provence

Choosing the olives: Olives from Nyons are more tasty than olives from Nice, but both are good. Don't be afraid of damaging your hands when stoning the olives. On the contrary, the oil from the olives is excellent for the skin.

The recipe:

The capers should be thoroughly dried, the anchovies desalted under the tap, with their back-bone removed. This preparation should be made in a mortar or else in small quantities in a blender.

Start with the chopped capers, olives and anchovies and the finely pressed garlic. Add the herbs, a spoonful of mustard and the small glass of alcohol. Bind with the olive oil. Taste the paste, it should be either very smooth or grainy, according to taste.

To be served with an aperitif drink, on toast or little salted biscuits. It can be used in tomato salad, with pasta, or with small goat cheese, hot or cold. One may also stuff hard-boiled eggs, after having mixed the tapenade with egg yolks and serve them with vinaigrette.

So make a lot at the same time!