

# Bagna Cauda with Steamed and Raw Organic Vegetables



Garlic (*Allium sativum* L. Fam. Liliaceae) has been a very important medicinal herb since 2,700 BCE and is thought to have originated in Central Asia. In China it has been one of the most used remedies since this time, designated Yang and recommended for those who suffered depression.

As the Romans conquered the known world around the Mediterranean, garlic and onion were used as remedies to prevent blood vessels ageing, gastric infections and of course colds, fever and flu. The French phytotherapist Lekrek had success using a tincture of garlic for severe infections of the lungs and as a preventative remedy for the 'Spanish flu' pandemic in 1918.

Bagna Cauda is a local dish in the Piedmont district of Northern Italy. It uses heart-healthy olive oil, robust garlic and seasonal regional vegetables and is often used as an appetizer served with fresh, crusty bread and the regional red wine.

This antioxidant powerhouse teams steamed and raw organic vegetables with flu-fighting garlic, another pearl for health from the Mediterranean cuisine!

## Key facts:

Preparation: 10 mins  
Cooking time: 30 mins  
Total: 45 mins  
Serves: 6 - 8

## Ingredients:

3 whole heads organic Morado garlic  
(about 30 cloves)

- 1 cup Spanish organic cold-pressed extra virgin olive oil
- 8 anchovy fillets, finely chopped
- Freshly ground organic black pepper

## Steamed:

- Asparagus ~ 170g
- Baby carrot ~140g

## Raw:

- Baby cucumber ~240g
- Khol rabi ~240g
- Red capsicum ~170g
- Baby tomatoes-on-the-vine ~190g

## Method:

1. Break the heads of garlic into cloves and peel each clove.
2. Pour the olive oil into the Thermomix bowl, add the garlic and blend 5 secs speed 5.
3. Scrape down the sides so all the garlic is in the olive oil.
4. Then set the time to 20mins, speed 1, temp 100°C
5. Wash and prepare the vegetables, steaming the carrots and asparagus separately.
6. Add in the anchovy fillets into the Thermomix bowl and cook for another 10 mins, speed 1, temp 98°C
7. Add freshly grated black pepper and taste.
8. Serve warm either pouring a little over the vegetables or as a dip.