

## **Bagna Càuda**

**By Michael Clark, Messmates Dining**

### **Ingredients**

130g peeled garlic  
800ml semi skimmed milk  
15g breadcrumbs  
75g brown anchovies fillets in olive oil (drained)  
75g extra virgin olive oil  
15g lemon juice

### **To serve**

Seasonal vegetable crudite (eg sliced carrots, cucumber, radish, capsicum, snow peas)  
Crusty bread

### **Method**

1. Place garlic in a small sauce pan and cover with 100ml of milk, slowly bring the milk to the boil over a medium heat. As soon as the milk starts to boil, strain the garlic through a sieve. Discard the milk and rinse the garlic under cold tap water.
2. Repeat this process three more times.
3. Now place the garlic in a clean small sauce pan with the remaining 400ml of milk, bring to a very gentle simmer and cook for 10-12 minutes. Until the garlic is very soft and the milk has reduced in volume.
4. Once the garlic is soft, remove from the heat. Strain the garlic from the milk, keeping the milk this time
5. Add the garlic and half of the milk into a blender, add the breadcrumbs and anchovies. Blend until very smooth (if the mixture is very thick, you can add some more of the reserved milk)
6. Continue to blend the mixture while slowly adding the olive oil, followed by the lemon juice.
7. Put the bagna càuda in a small sauce pan to warm through over a medium heat.
8. Pour into a serving dish, and serve with blanched/raw seasonal vegetables and crusty bread as a snack or entree.