



Tapenade

I love salt, so a dish made of black olives, capers and anchovies is right up my alley. Tapenade hails from Provence in the sunny south of France and is generally regarded as an olive paste, however the name comes from 'tapeno' meaning 'caper bud' in the Provençal language, so be sure to use good plump salted capers in your tapenade. As always, the better the ingredients the better the dish, so buy good olives (I use Sommariva), anchovies (Ortiz) and olive oil (Alto) too. This delicious paste is perfect smeared on croutons to serve with an aperitif of Ricard pastis or a glass of rosé de Provence like AIX. It keeps in the fridge for ages and is great tossed through pasta; slathered onto grilled meat, poultry or fish; served as a dip with crudités; or thinned with more oil and drizzled over ripe tomatoes. Some recipes include garlic, lemon juice and parsley; I like to keep mine simple, but feel free to add your own touch.

Makes about 1½ cups

INGREDIENTS

- 300g pitted Niçoise (Ligurian) black olives
- 6 anchovy fillets (about 45g)
- ¼ cup salted capers, washed and dried
- 4 sprigs thyme, leaves picked
- Freshly ground black pepper, to taste
- ½ cup extra virgin olive oil
- Croutons, for serving



METHOD

1. Pulse olives, anchovies, capers, thyme and pepper together in a food processor.
2. With the motor running, drizzle in the oil to form a thick paste.
3. Transfer to a bowl and serve with croutons.
4. Store any leftover refrigerated covered with a thin layer of extra virgin olive oil.