

# Passport to Condiments

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## Aioli Sauce

### France

Aioli has been around since the time of the ancient Egyptians and was originally only olive oil and garlic. The word derives from the Catalan and Provençal languages meaning oil and garlic. As this condiment made it's way North into the Mediterranean coasts of Spain, France and Italy, egg yolks and lemon juice have been added. This European version of Aioli uses egg yolks to emulsify the oil and lemon juice into a thick, delicious mayonnaise. I added salt and Dijon mustard for flavor. You can experiment with different flavors such as herbs, chile oil, Sriracha etc. One thing to consider, egg yolks have a finite ability to emulsify, the rule of thumb is no more than 3/4 cup of ingredients per one large egg yolk. I stick to half a cup of ingredients to one yolk just to be safe. Just have fun and never mind the Aioli purists, they lack imagination.



#### Aioli Ideas

- \* Use like mayo in egg and tuna salad
- \* Garnish boiled vegetables
- \* Serve with seafood & snails

## *Aioli Condiment*

- 3 large egg yolks
- 2 Tbs garlic, minced
- 1½ cups extra virgin olive oil
- 2 Tbs lemon juice
- ½ tsp salt
- 2 Tbs Dijon mustard

#### INSTRUCTIONS

- 1 Place egg yolks in food processor and process for 30 seconds, add garlic.
- 2 With the processor on, slowly add oil starting with a few drops and advancing to a slow drizzle.
- 3 Add lemon juice, salt and mustard and process until a thick mayo consistency.
- 4 This whole process takes only a few minutes, it works up very quickly.
- 5 Store in fridge up to 3 days.

## Pebre Sauce

### Chile

When Pesto met Salsa they fell in love and had a baby girl named Pebre. Pebre is a condiment from Chile with Catalan origins. It is a fresh sauce that is perfectly balanced with pungency, heat and overall goodness. The word *pebre* in Catalan means pepper. This dish is usually made with Aji peppers from South America but due to their lack of availability in most places, I used the ubiquitous jalapeño in this recipe for your convenience.

Pebre sauce can be traced back to the arrival of Catalan engineers in Santiago under the direction of Italian architect [Joaquin Toesca](#) for the construction of Tajamares de Santiago. The workers made a simple sauce with oil, vinegar, cilantro, salt and Aji peppers with what was commonly available to them. This is similar to the Catalan sauce known as Romesco which they would have been very familiar with but lacked the pine nuts and almonds.



#### Pebre Sauce Ideas

- \* Use as a topping for meat & seafood
- \* As a marinade
- \* As a dipping sauce for baguette

### *Pebre Sauce*

- 2 tomatoes, chopped
- 6 scallions, sliced thin
- 1 bunch cilantro, chopped
- 5 garlic cloves, minced
- 1 jalapeño, diced
- ¼ cup red wine vinegar
- 1 cup extra virgin olive oil
- ½ tsp salt
- Sriracha to taste

#### INSTRUCTIONS

- 1 Mix all ingredients in a medium sized bowl and keep in fridge up to 3 days.
- 2 Take out of fridge 30 minutes before using.

## Lizano Sauce Costa Rica

On my quest to discover new condiments I came across Lizano Sauce from Costa Rica. It sounded intriguing, especially since it can be found on most restaurant tables in that country so of course, I had to make some!

Definitely different, slightly sweet but very savory with the help of pepper and cumin. It can be used while cooking and as a table condiment. It's popular with eggs, rice, beans, fish, cheese, curries, and as a marinade for meat.

Toss in food processor or blender and voila! A surprising Costa Rican treat ready for everyday eating. Keep in fridge up to two weeks or freeze some for future use.



### Lizano Sauce Ideas

- \* As a condiment to tacos & burritos
- \* As a marinade for chicken or vegetables before roasting
- \* As a dipping sauce for empanadas
- \* Use with eggs, rice and beans

### *Lizano Sauce*

- 2 dried Guajillo chiles
- 1 1/2 cup vegetable broth
- 1/2 white onion chopped
- 1/2 carrot chopped
- 2 Tbs white sugar
- 2 Tbs lemon juice
- 1 Tbs white vinegar
- 1 Tbs ground cumin
- 2 tsp salt
- 1 Tbs molasses

### INSTRUCTIONS

- 1 Soak chiles in water for 30 minutes then remove stem and seeds.
- 2 Place all ingredients into food processor or blender and blend well, sauce will be liquid with diced chunks.
- 3 Store in fridge up to 7 days.

# Chutney

## India

I used to think of Indian chutney as Indian salsa but unlike salsa, chutney has an infinite range of uses in the culinary world. Chutney, or chatni in Hindi, is served at almost all meals. It is typically made with fruit or vegetables and is simmered in spices, oil and sometimes cider vinegar as in England. The English took the chutney back to the island and the popularity spread along with colonialism to Africa and the Caribbean where mango and papaya chutney are popular.

### Indian Chutney Ideas

- \* Spoon chutney over a block of cream cheese and serve with crackers
- \* Mix with mayo and use as a sandwich condiment
- \* Tempura dipping sauce. Mix with mirin, ginger, soy sauce, broth
- \* A glaze over pork roast
- \* Roasted vegetable marinade



### *Chutney*

- 1 tsp fenugreek seed
- 1 tsp cumin seed
- ¼ cup cooking oil
- 1 tsp mustard seed
- ¼ tsp asafoetida, ground
- 1 Tbs dried curry leaves
- 3 cups yellow bell pepper
- 1 Tbs salt
- 1 Tbs sugar
- 1 Tbs chile powder

### INSTRUCTIONS

- 1 Dry toast first two ingredients in large skillet without oil for about 1 minute, be careful not to burn seeds. You are looking for a slightly darker color and a slightly smoky aroma, set aside in a small bowl.
- 2 Add ¼ cup vegetable, sunflower or peanut oil to skillet and heat on medium.
- 3 Add mustard seed.
- 4 When mustard seeds start to pop, add asafoetida, curry leaves, bell pepper, cook covered for 15 minutes.
- 5 Add salt, sugar and chili powder and cook another 3 minutes.
- 6 Add toasted fenugreek and cumin seeds and cook 1 more minute.
- 7 Remove from heat and cool.
- 8 Will keep in fridge up to 1 month.

## Ssamjang Korea

One of the first Korean foods I ever ate was Bulgogi, Korean BBQ. It was AMAZING! The succulent beef wrapped in a lettuce leaf and kissed Ssamjang sauce was incredible and I have been hooked on learning to cook the Korean way ever since.

Ssam means 'wrap' and jang means 'paste' so Ssamjang means wrapping paste. That was how I first experienced this wonderful condiment, however this sauce is so incredible and you may end up using it for all sorts of fare. This sauce is thick so sometimes I thin it out using vinegar and sugar and use it for dipping. This sauce is very versatile and like most cooking in Korea, individual recipes are handed down through the generations with each family putting their own stamp of originality into it. You can even make this hot by adding Gochugaru or red pepper flakes. It's entirely up to you.



### Ssamjang Sauce Ideas

- \* As a condiment with Korean BBQ
- \* A dipping sauce for pork steamed buns and mandu
- \* A marinade for pork loin roast
- \* A sauce to serve along side cooked chicken breast

### *Ssamjang Sauce*

- ¼ cup Doenjang Paste (Fermented Soybean Paste)
- 1 T Gochujang Paste (Korean hot pepper paste)
- 1 scallion, sliced
- 1 clove garlic
- ¼ cup white onion, chopped
- 2 tsp rice syrup, honey or sugar
- 2 tsp toasted sesame seeds
- 3 tsp sesame oil
- 1 Tbs Mirin (You may use water if you can't find Mirin)

### INSTRUCTIONS

- 1 Mix all ingredients and keep in fridge for up to one month.
- 2 Alternatively you can make a thin dipping sauce by mixing 1 Tbs Ssamjang, 2 Tbs Rice vinegar, 1 Tbs sugar.

## Sardine Pate France

Pate is a mixture of ground, cooked meat mixed with a fat to form a spreadable paste, delicious on crackers or toasted baguette slices.

Foie Gras is a type of pate made from fatty goose livers. The Germans have a liver pate called Leberwurst and the Americans love their Liverwurst, or at least I do.

From this very basic recipe you can create an infinite number of variations such as adding; shallots & garlic, Sriracha & onions, fresh thyme & basil, you get the idea. It also whips up in 3 minutes, bonus! Embrace the challenge and enjoy the rewards.



### Pate Ideas

- \* Serve with crackers or toasted baguette slices
- \* Use as a condiment on hoagies like the Vietnamese do with their Bahn Mi
- \* Use as a filling in a wonton wrapper

### *Sardine Pate*

1 can of sardines  
1.5 oz butter  
Juice from 1 lemon  
Salt and Pepper to taste

### INSTRUCTIONS

Place first 3 ingredients in a bowl, mash with fork.

Add salt and pepper to taste, be careful on the salt as the sardines and lemon already add a nice balance.

Pate can be used on toasted or fresh bread, as a veggie dip, wrapped in lettuce or as an ingredient in deviled eggs.

## Ajvar Serbia

Roasted red peppers, garlic and olive oil. This relish is really delightful and reminds me of why I started blogging in the first place. There is an incredible amount of culinary goodness out there in this wonderful world and I like to travel through world cuisine and music.

You will be pleased even if you like *bland* food. This relish is full of flavor but not hot or over-bearing pungency. I splashed this on sourdough toast and loved it. Other suggestions include kissing eggs with this, crackers, sandwiches, wraps, burgers, brats and doggies. Garnish a charcuterie and cheese plate with this and bring together eastern Europe and western Europe, very diplomatic...



### Ajvar ideas

- \* Add to scrambled eggs or omelettes
- \* Serve with crackers
- \* A condiment for sandwiches, wraps, brats, burgers
- \* Serve on a charcuterie and cheese plate

## *Ajvar*

- 2 red bell peppers
- 4 cloves garlic, peeled and cut in half
- ¼ cup olive oil
- 1 Tbs white vinegar
- 1 tsp salt
- Black pepper to taste

### INSTRUCTIONS

Roast red bell peppers until charred, place in plastic bag to "sweat" for 20 minutes.  
Peel skin, remove seeds/stem and chop peppers.  
Place all ingredients into food processor and pulse until the consistency of relish.  
Keep in refrigerator up until 2 weeks.

## Harissa Tunisia

Harissa came about after the Spanish occupation of Tunisia in 1535, when peppers were introduced.

Tunisia's main condiment, it is often added as an ingredient to meat and fish stews, as a couscous garnish, a meat rub or a topping for shawarma.

The 'bones' of this condiment is roasted peppers. You have many options for roasting peppers. I have an electric oven/stove combo so I broil them in the oven on the top rack. I think the best way to roast them is on hot coals. It's very easy to roast them on a gas burner or gas broiler. A lot of Harissa recipes use hot peppers but there is enough heat in the spice mixture for our taste, so I like to use mild peppers. If you are a fan of high Scoville scores, feel free to use Thai Prik Kee Noos, Ghost Peppers, Serranos, Jalapeños etc. For us, it's Sweet Bell Peppers and Anaheim chiles.



### Harissa Ideas

- \* Use in or on any egg dish
- \* As a condiment on sandwiches and wraps
- \* As a meat rub
- \* A topping for shawarma
- \* Couscous garnish

## *Harissa*

1 Tbs cumin powder  
1 Tbs coriander seed  
1 Tbs fennel seed  
1 Tbs paprika  
1 Tbs chile flakes  
1 sweet bell pepper, you choose the color  
2 anaheim chiles  
olive oil  
Keep in fridge for 1 week, cover with olive oil if desired.

### INSTRUCTIONS

Grind fennel and coriander seed in spice grinder or mortar/pestle, set aside. Roast peppers until charred, place in a plastic bag to sweat for 15 minutes, peel skin and discard.

Add all ingredients to a food processor or blender and blend.

Add olive oil until you reach a medium thickness consistency, like mayo.

Enjoy!

## Cucumber Raita India

Start delving into exotic cuisine from India, the Middle East and the Mediterranean and you will come across a familiar, delicious condiment that I call yogurt sauce. In India it is known as Raita, some middle eastern countries call it Chachik and the Greeks call it Tzatziki.

This is a bare bones, easy, everyday version with just 5 ingredients. I LOVE using this as a condiment to spicy dishes from any country. The cooling effect compliments the fiery goodness from some of the best cuisine. I highly encourage you to keep some on hand at all times if you are delving into spicy recipes regularly.



### Cucumber Raita Ideas

- \* Serve with kebabs
- \* On the side of an Indian meal
- \* On steak, chicken or lamb tacos
- \* As a side to a spicy rice dish
- \* A vegetable dip
- \* A condiment on a wrap

## *Cucumber Raita*

2 cups Greek style plain yogurt  
1 hothouse or english cucumber, diced  
¼ onion, diced  
1 lemon, juiced  
salt to taste  
Optional:  
¼ cup fresh herb of choice (dill, oregano, thyme, cilantro, chives etc)

### INSTRUCTIONS

Mix all ingredients in a bowl, store in fridge, covered up to one week.