

Tonnato Sauce

A combo of several online recipes

Internet Address:



Servings: 6

Preparation Time: 5 minutes

Start to Finish Time: 5 minutes

NOTE: Don't add salt to this until you taste it. Mayo is salty, so are the capers and the anchovies.

1. In the bowl of a food processor fitted with an S blade, add the tuna, anchovy paste, capers, garlic, mayo and lemon juice. Close the lid and blend on low speed until the mixture has been ground into a paste, 1 to 2 minutes. Pause and scrape the bottom and sides as needed.
2. With the food processor running, drizzle in the olive oil through the top opening until you have a rich sauce to your preferred consistency. Continue blending until smooth, 1 to 2 minutes. Add freshly ground black pepper to taste. Taste the sauce for seasonings (more lemon juice? more capers?) and for smoothness. Add salt if needed.
3. Serve as a sauce or a dip on roasted meat - sliced turkey breast, grilled pork tenderloin (also sliced), steamed or roasted veggies, crudité's, or bread. Or serve as a salad dressing with pine nuts as garnish.

7 ounces canned tuna, packed in oil, drained and flaked, preferably Italian

1 tablespoon anchovy paste

1 tablespoon capers

1 small garlic clove, chopped

3 tablespoons lemon juice

3 tablespoons mayonnaise

1/4 cup EVOO, or more if needed

Freshly ground black pepper (to taste)

Yield: 6 servings

Per Serving (excluding unknown items): 129 Calories; 11g

Fat (74.5% calories from fat); 7g Protein; 2g

Carbohydrate; trace Dietary Fiber; 13mg Cholesterol;

164mg Sodium; 1g Total Sugars; trace Vitamin D; 8mg

Calcium; 1mg Iron; 72mg Potassium; 48mg Phosphorus.

Exchanges: .

Carolyn T's Blog: tastingspoons.com