

## USING COLATURA DI ALICI



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Rich with the flavours of the sea. Adds a great anchovy flavour to a dish. Pasta has never met a nicer friend than colatura di alici.

Colatura di Alici is made by using anchovies that are kept in salt inside wooden barrels for forty days. The juice, or colatura, is then strained off. This fish sauce is the contemporary version of what the Ancient Romans called garum.

## SERVING SUGGESTIONS

- The most simple dish for it involves adding a dash of it to spaghetti, chili flakes and olive oil, but you can add lots of twists to this simple recipe such as lemon zest, toasted breadcrumbs or parsley.
- Use in dressing spaghetti with lightly golden garlic, chili flakes, a small splash of colatura di alici, olive oil, parsley, topped with toasted breadcrumbs.
- Colatura di alici can also be added to the braising liquid for lamb or beef.
- Substitute colatura di alici for anchovy fillets in a Caesar salad, a small splash is all that is needed.
- Orecchiette pasta with cauliflower, garlic, chilies, raisins, and pine nuts is also enhanced by its magical properties.
- Blanched broccoli tossed with extra virgin olive oil, a small splash of colatura di alici, red pepper flakes and toasted garlic.

**It is important not to add any salt to recipes and we suggest adding colatura di alici little by little until the desired flavour is obtained.**

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