FRENCH · SAUCE

Sauce Vierge (Warm Tomato, Olive Oil and Herb Sauce)

20 min · Makes 8 × 2 tbsp · 108 kcal a portion · Video 7:48 · French Cooking Academy

Vegan · Gluten-free ingredients · Nut-free

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Good olive oil with fresh tomato, shallot and herbs, warmed gently rather than cooked down: 2 tbsp give about 110 kcal, nearly all from unsaturated fat, and about 1 g of net carbs. Vegan and keto-friendly.

Diet notes: Keto (1.3 g net carbs a serve).

Ingredients

11 · MAKES 8 × 2 TBSP

- [ ] 100 g **ripe tomatoes**, peeled, seeded and diced
- [ ] 100 ml **virgin olive oil** (the best you can get)
- [ ] 1 **garlic** clove, pressed
- [ ] 20 g **shallot**, finely diced
- [ ] 1 tsp **coriander seeds**, crushed
- [ ] 1 tbsp **balsamic vinegar**
- [ ] 2 tbsp chopped **fresh herbs** (mostly basil, a little tarragon; or chervil, parsley, chives)
- [ ] a pinch of **white sugar**
- [ ] **salt**, to taste
- [ ] **black pepper**, to taste
- [ ] a squeeze of **lemon juice** (optional)

Contains: none of the common allergens in the listed ingredients. Check labels on stock, sauces and spice mixes.

Method

TIMES = THE MOMENT IN THE VIDEO

1. Peel, seed and finely dice the tomatoes; finely dice the shallot, press the garlic and lightly crush the coriander seeds. 2:27
2. Put the olive oil and garlic in a small saucepan, then add the shallot, crushed coriander and the tomatoes. 3:15
3. Warm over low heat for 5–6 minutes, stirring gently. It should never boil: the tomatoes should stay as diced pieces, not turn into a tomato sauce. 3:50
4. Turn off the heat and stir in the balsamic vinegar and chopped herbs. Leave for 2–3 minutes. 4:05
5. Season with salt, pepper and a pinch of sugar to balance the acidity, plus a squeeze of lemon if you like. Serve lukewarm or at room temperature over grilled fish or vegetables; it gets better as it sits. 4:46

> **Tip** The recipe is for 4 people as a generous spoonful each; we count 8 portions of 2 tbsp. Lovely over grilled snapper, sea bass, chicken or roast vegetables.

The method is a summary in our words — the video shows every step.

One portion (2 tbsp) gives you

1 OF 8 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
108 kcal	0.3 g	1.7 g	0.4 g	11 g	30 mg
450 kJ	1% of a day	1.3 g net · 0.9 g sugars 1% of a day	1% of a day	1.6 g saturated 15% of a day	1% of a day

Energy from net carbs 5% · protein 1% · fat 94% — fits keto: 1.3 g net carbs, 94% of the energy from fat

Source of (10–19%) Vitamin E 11% · Vitamin K 10%

Recipe and video: French Cooking Academy (@FrenchCookingAcademy) on YouTube — youtube.com/watch?v=ObG0o2OTrec, published 13 May 2021. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/sauce-vierge-warm-tomato-herb-sauce