



Greek garlic dip with bread - Skordalia

10 minutes

Hands on

6

Portion(s)

1

Difficulty



Method

- Cut the garlic into thin slices with a knife.
- Transfer to a saucepan and add the milk.
- Place saucepan over medium to low heat and simmer for 2-3 minutes.
- Coarsely chop the bread and add it to a bowl.
- Add cold water and let it soak for 5 minutes.
- Squeeze the bread to release the water and place in a blender.
- Add the olive oil, vinegar, paprika, lemon zest, lemon juice, salt and pepper.
- Drain the garlic and add it to the blender. Discard the milk.
- Beat until all of the ingredients are completely combined and the mixture is smooth and creamy.
- Season to taste and serve.

Ingredients

- 4 clove(s) of garlic
- 100 g milk
- 300 g bread, crust removed
- 2 liters water
- 100 g olive oil
- 1-2 tablespoon(s) vinegar, of white wine
- 1/2 teaspoon(s) paprika, smoked
- lemon zest, of 1 lemon
- 1 tablespoon(s) lemon juice
- salt
- pepper

Διατροφικός πίνακας

Nutrition information per portion

286 Calories (kcal)	18.0 Total Fat (g)	2.8 Saturated Fat (g)	23.0 Total Carbs (g)
14%	26%	14%	9%
2.3 Sugars (g)	5.6 Protein (g)	1.7 Fibre (g)	0.68 Sodium (g)
3%	11%	7%	11%