KIKKOMAN

Bagna cauda Italian anchovy hot pot

Total time **40 mins** **30 mins** preparation time **10 mins** cooking time

Nutritional facts (per portion):
4,310 kJ / 1,030 kcal

Fat: **65 g** Protein: **29 g**
Carbohydrates: **71 g**

INGREDIENTS

4 portion(s)

200 g	cauliflower
2	potatoes
80 g	carrot
1	turnip
1	courgette
1	chicory
1	pepper
8	cherry tomatoes
200 g	sausages
1	French baguette
5	garlic cloves
800 ml	milk
60 ml	olive oil
60 g	anchovy fillets
200 ml	double cream
2 tbsp	Kikkoman Naturally Brewed Soy Sauce

PREPARATION

Step 1

200 g cauliflower - **2** potatoes - **80 g** carrot - **1** turnip - **1** courgette - **1** chicory - **1** pepper - **8** cherry tomatoes - **200 g** sausages - **1** French baguette
Separate the cauliflower into bite-sized florets. Peel the potatoes and cut them into bite-sized pieces. Peel and cut the carrot into thin strips. Peel the turnip and cut it into 8 wedges. Slice the courgette into 1 cm-thick rounds. Separate the chicory into individual leaves. Cut the pepper into long strips. Remove the stems from the cherry tomatoes. Cut the sausages into bite-sized pieces. Slice the baguette and toast until golden brown.

Step 2

Steam the potatoes, cauliflower, turnip and carrot from Step 1 for 15 min.

Step 3

5 garlic cloves - **800 ml** milk
Place the garlic cloves and 200 ml of the milk in a small saucepan. Simmer for about 10 min until the garlic is very soft. Drain through a sieve, reserving the milk for the broth. Set the cooked garlic aside.

Step 4

60 ml olive oil - **60 g** anchovy fillets - **200 ml** double cream - **2 tbsp** Kikkoman Naturally Brewed Soy Sauce
Prepare the bagna cauda broth:
Heat the olive oil in a large saucepan. Add the anchovy fillets and garlic from Step 3 and mash them together as they cook until a smooth paste

forms. Add the garlic-infused milk from Step 3, the remaining milk, the double cream and the sausages from Step 1. Cook gently until the sausages are heated through, then stir in the Kikkoman Soy Sauce.

Step 5

Place the bagna cauda broth in the centre of the table. Dip the vegetables from Step 1 into the broth and serve with the toasted baguette from Step 1.