



Patum Peperium - the Secret is out - Gentleman's Relish!

READY IN



10 min.

SERVINGS



6

CALORIES



238 kcal

SIDE DISH

Ingredients

- ☐ 200 g anchovies drained coarsely chopped
- ☐ 2 tablespoons breadcrumbs fresh white
- ☐ 150 g butter
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 1 pinch ground cinnamon
- ☐ 1 pinch ground ginger
- ☐ 1 pinch mace
- ☐ 1 dash ground pepper fresh black good (twist)

☐ 1 pinch nutmeg freshly ground

Equipment

☐ food processor

☐ ramekin

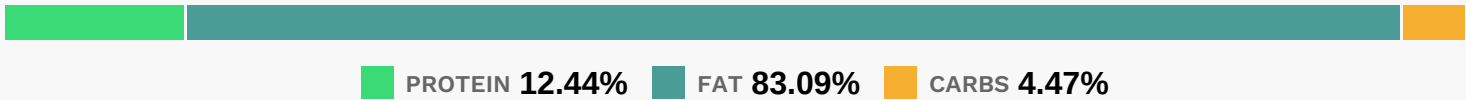
☐ mortar and pestle

Directions

☐ Using a mortar and pestle, pound the anchovies and butter until they resemble a smooth paste. You could also use a food processor.² Stir in the breadcrumbs, spices and pepper and spoon the paste into a large ramekin. Cover and chill before serving.³

☐ Serve with scrambled eggs, toast, sandwiches and as a "kick" to savoury sauces!

Nutrition Facts



Properties

Glycemic Index:31.5, Glycemic Load:0.05, Inflammation Score:-4, Nutrition Score:5.5973913099455%

Nutrients (% of daily need)

Calories: 238.25kcal (11.91%), Fat: 22.2g (34.15%), Saturated Fat: 13.38g (83.63%), Carbohydrates: 2.69g (0.9%), Net Carbohydrates: 2.42g (0.88%), Sugar: 0.28g (0.31%), Cholesterol: 73.75mg (24.58%), Sodium: 220.02mg (9.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.48g (14.96%), Vitamin B3: 4.92mg (24.61%), Selenium: 13.29µg (18.99%), Vitamin A: 677.79IU (13.56%), Iron: 1.3mg (7.19%), Phosphorus: 70.39mg (7.04%), Vitamin B2: 0.11mg (6.41%), Calcium: 62.4mg (6.24%), Vitamin E: 0.8mg (5.32%), Zinc: 0.66mg (4.37%), Vitamin B12: 0.26µg (4.35%), Copper: 0.09mg (4.27%), Potassium: 144.04mg (4.12%), Magnesium: 16.42mg (4.11%), Manganese: 0.08mg (4.1%), Vitamin B1: 0.05mg (3.55%), Vitamin B6: 0.06mg (2.77%), Vitamin B5: 0.26mg (2.61%), Vitamin K: 2.11µg (2.01%), Folate: 7.67µg (1.92%), Fiber: 0.27g (1.07%)