

Fast Food Family Journey blog
Recipe 'Breastfeeding: quick fixes'
Mary Smith

Olive & semi-dried/sun blushed tomato tapenade

My brother made a version of this using sun-dried tomatoes for Christmas one year. Sun-dried tomatoes are very high in salt, whichever brand you buy. Semi-dried/sun blushed have less salt, and taste just as good. It is delicious spread on oatcakes (a savoury oat biscuit), which are a good source of whole grain and low in fat. Tomatoes are very high in antioxidants, calcium and vitamins A & C. Garlic is a powerful natural antibiotic, antiseptic and antioxidant, will boost your immune system and help keep colds and flu away. Raw garlic is especially beneficial, and does much more than garlic supplements. It also tastes great smothered over lamb.

Total prep time

5 minutes

Quantity

8 portions (1 portion = 6 oatcakes)

Tools

Mini processor

100g semi-dried tomatoes

100g green pitted olives in olive oil

1 - 2 garlic cloves, crushed

4 tsp olive oil (or oil from tomatoes)

Blend all in mini processor.

Add more oil to loosen to a paste if needed.

Storage: Airtight container in fridge for up to 2 weeks.

If you can't find olives in olive oil then use olives in brine. Semi-dried tomatoes are available in supermarkets, check they haven't added sugar and buy the one with the lowest salt and saturated fat level. I found some in rapeseed oil, which has lower saturated fat than olive oil.

I use garlic from the Garlic Farm in the Isle of Wight. I used to go to the IOW every year as a child on holiday. Every time we go back now I buy more garlic. The Garlic Farm advises you never keep your garlic in the fridge, and reports that supermarket garlic has been kept in cold store for up to 12 months before you buy it. The difference in taste is worth trying www.thegarlicfarm.co.uk

Free from dairy, lactose, wheat and gluten.