Boniet

Savannah · 28/09/2024



Prep Time

8

Dificult

Medium

Servings

1 cup

Description

Pronounced bunyet this is an old world Italian recipe from my Nonies kitchen It is made using mainly parsley and garlic and is meant to be eaten with a crusty warm bread It is almost sinful to share its secret with the world but I know youll love it as much as my family and I do Refrigerate overnight for best flavor

Ingredients

- - 2 bunches fresh parsley
- finely chopped - 1 (2 ounce) can anchovy fillets
- chopped - 3 cloves garlic
- minced - 1 ½ tablespoons tomato paste - 4 tablespoons distilled white vinegar - ½ cup extra virgin olive oil

Instructions

1. In a medium bowl
2. toss together the parsley
3. anchovies and garlic. Stir in the tomato paste
4. vinegar and olive oil. Serve at room temperature.