



FRANCE

APPETIZER

PRINTABLE RECIPE PDF

French Tapenade

Tapenade is a traditional Provençal spread made primarily from olives, capers, and anchovies. It dates back to ancient times and is often enjoyed as an appetizer,

PREP

10 min

COOK

0 min

SERVINGS

4

DIFFICULTY

Easy

SHOPPING LIST

Ingredients

- 200 g black olives - pitted, preferably Niçoise olives
- 50 g green olives - pitted, preferably Castelvetrano olives
- 30 g capers - rinsed and drained
- 2 filets anchovies - optional, for non-vegetarians
- 2 tbsp extra virgin olive oil - for richness
- 1 tbsp fresh lemon juice - for brightness
- 1 clove garlic - minced
- to taste black pepper - freshly ground

WHY THIS WORKS

About this recipe

A printable French Tapenade recipe PDF with ingredients, cooking times and step-by-step instructions.

MEDITERRANEAN NOTE

Tapenade is a traditional Provençal spread made primarily from olives, capers, and anchovies. It dates back to ancient times and is often enjoyed as an appetizer, showcasing the flavors and ingredients of the Mediterranean region.

METHOD

Step-by-step instructions

1

In a food processor, combine the black olives, green olives, capers, anchovies (if using), garlic, and lemon juice. Pulse until coarsely chopped.

2

While the processor is running, drizzle in the olive oil until well combined and smooth, scraping down the sides as needed. Adjust seasoning with black pepper.

CHEF'S TIP

For an authentic touch, use a mortar and pestle instead of a food processor to create a more rustic texture and enhance the flavors.

NUTRITION PER SERVING (EST.)

Calories	150 kcal	Fat	14 g
Protein	2 g	Fiber	1 g
Carbohydrates	5 g	Sodium	600 mg

SERVING SUGGESTION

Serve the tapenade with crusty baguette slices or vegetable sticks. Pair it with a chilled glass of rosé wine for a delightful Mediterranean experience.

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