

## Dipping Oil for Bread

If you've been to an Italian restaurant in the last few years, you've probably had warm bread served with a little plate of spiced olive oil to dip it in. It's an easy and inexpensive appetizer, and everyone loves it.

I do too, but I've always found that the oil is over seasoned — too peppery, too herby, too garlicky, and just kind of overwhelming. I suspect the reason is because in order for this to be inexpensive, most of these mid-tier restaurants probably use cheap, inferior olive oil.

I recently got some good bread at a local market, and thought I would give the dipping oil thing a try for myself, but with my Ava Jane's Kitchen extra-virgin avocado oil instead of olive oil.

I started by dipping the bread in just the oil by itself, and it was good, but needed something to jazz it up. Luckily I found the perfect solution in Colima Sea Salt. Crunchy and flavorful, it brings out the fruitiness of the oil. Some cracked black pepper and a tiny bit of lemon zest are all that's needed to add not so overpowering flavor to a good loaf of bread.

This is something that is easy to make up if you have unexpected company, or just to eat as an addition to your favorite pasta dish. Don't try to make it up ahead of time — just pour some oil on a plate, add your seasonings, and enjoy when you're ready.

## Dipping Oil for Bread

### Ingredients:

Ava Jane's Kitchen extra-virgin avocado oil  
Colima Sea Salt  
Fresh ground black pepper  
Lemon zest  
Good quality, crusty bread, cut into cubes for easy dipping

### Directions:

Pour some oil on a small plate. Sprinkle with the salt and pepper. Add a bit of lemon zest and taste. Adjust seasonings as necessary. Serve immediately with the cubes of bread.