



VINAIGRETTE

Basic Vinaigrette

Ingredients:

3 to 4 tablespoons red or white wine vinegar

3/4 cup extra-virgin olive oil

Salt and pepper

Optional Ingredients:

1 clove garlic, minced

2 tablespoons fresh herbs

1 tablespoon Dijon mustard

Directions:

When making a vinaigrette, always start with the vinegar and salt first. If you are using mustard, add that next. Then slowly whisk in the oil. Finally add the garlic and/or herbs. Taste and season with salt and pepper. Test by dipping a leaf into the dressing to check the acid and salt balance.

Basic Balsamic Vinaigrette

(Makes about 1 cup)

Ingredients:

3 to 4 tablespoons balsamic vinegar

3/4 cup extra-virgin olive oil

Salt and pepper

Directions:

Whisk all the ingredients together in a small bowl.

Dijon Vinaigrette

(Makes about 1/2 cup)

A basic vinaigrette that can be used to dress most types of lettuce or greens.

Ingredients:

3 tablespoon red wine vinegar

2 tablespoon minced red onion

1 tablespoon Dijon mustard

1 garlic clove, minced

1/3 cup olive oil

Salt and pepper

Directions:

Whisk together the red wine vinegar, minced red onion, Dijon mustard, and garlic clove. Slowly whisk in the oil and season with salt and pepper.

Champagne Vinaigrette

(Makes about 1/4 cup)

This vinaigrette pairs well with a tender leaf lettuce such as Bibb.

Ingredients:

2 tablespoons champagne vinegar

1 shallot, minced

6 tablespoons olive oil

Salt and pepper

Directions:

Whisk together the vinegar and shallot. Slowly add the oil until the mixture is well blended.

Fig Vinaigrette

Serve with arugula, fresh figs, goat cheese, and crisp pancetta.

Ingredients:

2 tablespoons black fig vinegar

1/2 teaspoon Dijon mustard

6 tablespoons olive oil

Salt and pepper

Directions:

Whisk together the vinegar and mustard. Slowly whisk in the olive oil. Season with salt and pepper.

Citrus Dressing

Lemon Ginger Vinaigrette

(Makes about 1/2 cup)

Ingredients:

2 tablespoons white wine vinegar

1 teaspoon finely grated lemon zest

2 tablespoons lemon juice

1 teaspoon grated fresh ginger

1/2 tablespoon sugar

6 tablespoons canola oil

Salt and pepper

Directions:

Whisk together all of the ingredients in a small bowl.

Sun-Dried Tomato Vinaigrette

(Makes about 3/4 cup)

Ingredients:

1/4 cup drained oil-packed sun-dried tomatoes

4 teaspoons balsamic vinegar

4 teaspoons red wine vinegar

1 garlic clove, minced

1/3 cup olive oil

Salt and pepper

Directions:

Place the tomatoes, balsamic vinegar, red wine vinegar, and garlic in a blender or food processor. Puree until smooth. Slowly add the oil until well blended. Season with salt and pepper.

Asian Sesame Dressing

(Makes about 1/3 cup)

Serve with baby spinach leaves, orange sections, and slices of avocado.

For a main course salad, add grilled chicken, shrimp, or salmon.

Ingredients:

2 tablespoons finely chopped shallots

2 tablespoons rice wine vinegar

1 tablespoon vegetable oil

2 teaspoons dark or toasted sesame oil

2 teaspoons minced fresh ginger

Salt and pepper

Directions:

Whisk together all the ingredients in a small bowl.

Pesto Vinaigrette

(Makes about 2/3 cup)

This dressing is best made in a food processor. Serve with spinach leaves, cooked peas, and pine nuts, with a potato salad, or a pasta salad.

Ingredients:

1 large garlic clove

1/4 cup grated Parmesan cheese

10-12 fresh basil leaves

1/4 cup fresh parsley leaves

1 teaspoon salt

1 teaspoon sugar

Pepper to taste

1/3 cup olive oil

2 tablespoons red wine vinegar

Directions:

With food processor running, drop garlic clove through the feed tube. Add cheese, basil, parsley, salt, sugar, and pepper. Process about 10 seconds until all the ingredients are finely chopped. Combine the oil and vinegar. With the machine running, slowly pour through the feed tube. The mixture will combine very quickly. It should be slightly thick and coarse. Spicy Tomato Vinaigrette

(Makes about 1 cup)

Greek Salad Dressing

(Makes about 1/4 cup)

For a traditional Greek Salad, serve with shredded iceberg or romaine lettuce, sliced or diced cucumbers, tomato wedges, black olives, and crumbled feta cheese.

Ingredients:

1 tablespoon lemon juice

3 tablespoons olive oil

1/2 small garlic clove minced or 1/4 teaspoon garlic powder

1/4 teaspoon dried oregano

Salt and pepper

Directions:

Whisk together all of the ingredients in a small bowl.