



TODAY'S MAIN INGREDIENT

More Vinaigrettes

Refer to “How to Make a Basic Vinaigrette” for more about this process.

HONEY BALSAMIC VINAIGRETTE

3 Tablespoons sherry vinegar
2 Tablespoons balsamic vinegar
1/4 cup honey, warmed
1 shallot minced (or substitute 1 Tablespoon onion rinsed and squeezed dry several times in cold water)
1 clove garlic (or up to 2 more cloves) minced, to taste
1 Tablespoon freshly ground black pepper
1 teaspoon salt
1/2 cup extra-virgin olive oil
2/3 cup pure olive oil

STEP 1 – In a medium-sized bowl, mix together vinegars and honey. Stir in onion (or shallot), garlic, pepper and salt.

STEP 2 – Whisk in the extra-virgin olive oil. Slowly whisk in the pure olive oil.

STEP 3 – Taste the vinaigrette and correct acid/oil balance, adding more balsamic vinegar or more extra-virgin olive oil as necessary.

Creamy Herb Dressing with Yogurt

2 Tablespoons good quality fancy vinegar, such as tarragon or champagne vinegar
1 shallot minced (or substitute 1 Tablespoon onion rinsed and squeezed dry several times in cold water)
Salt and freshly milled pepper, to taste
1/4 cup extra-virgin olive oil or walnut oil
2 Tablespoons yogurt, sour cream, or crème fraiche
1 1/2 Tablespoons chopped tarragon
1 Tablespoon chopped parsley
1 Tablespoon snipped chives



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Creamy Herb Dressing with Yogurt - continued

STEP 1 – Combine vinegar, shallot (or minced onion), and 1/4 teaspoon (or to taste) salt in a bowl and let stand 15 minutes.

STEP 2 – Whisk in oil and yogurt (or sour cream), then stir in herbs and season with pepper.

STEP 3 – Taste and correct the balance of oil and vinegar if needed.

Citrus-Honey Vinaigrette

makes 1/3 cup

1/2 teaspoon orange zest, minced
2 Tablespoons freshly squeezed orange juice
1 Tablespoon mild vinegar, such as champagne or natural rice vinegar (do not use seasoned rice vinegar)
1 teaspoon honey
1/4 teaspoon salt
3 Tablespoons olive oil

STEP 1 – Combine everything but the oil together in a small bowl.

STEP 2 – Gradually whisk in the oil until emulsified.

Apple Cider Vinaigrette

makes 1/2 cup

1/4 apple, peeled, cored and chopped
2 Tablespoons apple cider vinegar
2 Tablespoons apple juice or cider
1/4 teaspoon salt
1/4 cup olive oil

STEP 1 – Place the apple in a blender and add the vinegar, apple juice, and salt and then puree.

STEP 2 – With the motor running add the olive oil slowly until emulsified.