



Quick Guide

Basic Vinaigrette

1 part acid

3 part oil

salt to taste

COOKING 101

SALAD DRESSING

Basic Balsamic Vinaifrette

In a 1 pint mason jar
measure out by eye:

- 1 part balsamic vinegar
- 3 parts olive oil
- salt, to taste

Optional ad ins:

Spoonful of mustard, minced shallots,
minced garlic, minced fresh herbs, dried
herbs, honey, Parmesan.

Vinegar Variations:

Red wine vinegar, rice vinegar, or apple
cider vinegar.

Lemon or lime juice

Oil Variations:

Infuse olive oil with garlic, basil, or lemon.
Add a dollop of pesto for part of the oil.

Basic Creamy Dressing

in a small bowl whisk :

- 1 teaspoon Dijon mustard
- 1 1/2 tablespoons mayonnaise
or whole-milk plain yogurt
- Pinch salt
- Pinch granulated sugar
- Freshly ground black pepper
- 1 tablespoon Champagne or
white wine vinegar

Quick 1000 Island

add to basic creamy dressing:

- 1 T ketchup
- 1 T pickle relish
- 1 T minced red onion

Quick Blue Cheese

add to basic creamy dressing:

- 1 T sour cream
- 1 t garlic powder
- 1/4 c. blue cheese

