

VINAIGRETTES

Vinaigrettes can add life into any dish and are often easily prepared with pantry staples. They take less than five minutes to produce and can last 1–2 weeks in your refrigerator.

These vinaigrettes are a little bit more acidic, using a 2:1 ratio (2 parts oil, 1 part acid). You can adjust accordingly based on your personal preference. With this ratio format, you can adjust the volumes based on your needs.

PRO TIPS:

Add your salt and pepper in the acid and stir to dissolve. Once you add the oil it will be harder to dissolve.

Get creative with the oils. You can mix different oils to change the direction of the final product. You don't need to commit your fancy extra-virgin olive oil to the vinaigrette — you can use half regular vegetable oil and the other half can be the flavor-forward oils (extra-virgin olive oil, peanut oil, nut oils). If you're using nut oils, make sure they aren't rancid as nut oils have a life span.

Unless it is a emulsified vinaigrette, save your wrist and time by adding the oil to the vinegar quickly. There is no need to slowly drizzle, just make sure you mix thoroughly before use.

It's all about balance. If you get a little heavy handed with the acid, and you don't want to commit to adding more oil, you can use a couple of teaspoons of water to balance it out.

Sweeteners are an option. You can always use granulated white sugar or get creative with honey, brown sugar, maple syrup, fruit preserves or juices.

Fresh herbs can be added to add another level of flavor. Toasted and ground spices can also be added to enhance the flavor.

Here are a couple of basic vinaigrette recipes that can easily transform not only salads, but can be spooned over grilled vegetables, starches, steak, chicken or fish.

SIMPLE LEMON CITRONETTE

INGREDIENTS:

1 Lemon, zested and squeezed (the average lemon will yield about three tablespoons)
3 tablespoons of vegetable oil
3 tablespoons of extra-virgin olive oil
1 teaspoon of water
Pinch of sugar
Salt and pepper

EASY WAYS TO CUSTOMIZE THIS RECIPE:

- Add a handful of fresh parsley and spoon over grilled vegetables.
- Rip some mint leaves and pour over couscous or orzo.
- Swap out the lemon for limes, add 1 teaspoon of toasted ground cumin and fresh cilantro, and pair with oven roasted sweet potatoes.

RED WINE SHALLOT VINAIGRETTE

INGREDIENTS:

3 tablespoons of red wine vinegar
3 tablespoons of vegetable oil
3 tablespoons of extra-virgin olive oil
1 shallot, minced
1 tablespoon of honey
Salt and pepper

DIRECTIONS:

In a small bowl, add shallots, vinegar, honey, salt and pepper. Let it sit for five minutes to soften the shallot. Then add your oils, adjust seasoning.

EASY WAYS TO CUSTOMIZE THIS RECIPE:

- Add 2 tablespoons of parmesan cheese and 1 tablespoon of dried Italian seasoning for a pizzeria style dressing.
- Switch out the extra-virgin olive oil for walnut oil for an elevated salad dressing option.
- Toss some cut in half cherry tomatoes, pitted kalamata olives and flat leaf parsley, great for any grilled meats.