



CHEAT SHEET

Simplest Homemade Vinaigrette

Making your own salad dressing is easy and inexpensive and the fresh flavor is far superior to anything you can find in a bottle. Vinegars keep virtually indefinitely and there are so many different varieties to choose from, so when you see something that looks interesting, buy it and add it to your collection.



FORMULA

To make the simplest vinaigrette, combine 1 part vinegar with about 3 parts oil in a glass or stainless bowl. Use more vinegar for a stronger flavor, less for a milder flavor. Add a few sprinkles of sea salt and freshly ground pepper and whisk to emulsify.

You need about ¼ cup of dressing to dress small dinner salads for four people, so you'd use about 1 tablespoon of vinegar to 3 tablespoons oil.

That's it – you're ready to dress your salad!



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TIPS

Oil and vinegar by their nature don't come together easily, so you can also use some emulsifiers to help. A little bit of mustard, raw honey or fruit-sweetened jelly all work well as binders in vinaigrettes and will add a little body to the flavor.

It's actually quite easy to make your own flavored vinegars:

Step 1: Fill a small sterile mason jar 1/3-1/2 full with fresh herbs you enjoy or pungents, like garlic, shallot or grated ginger root. Peeled citrus fruits work well too. One of my favorites for both flavor and color is chive blossom vinegar. (pictured)

Step 2: Fill the jar almost to the top with a good organic vinegar like white wine, champagne or rice wine, completely submerging all the contents. You don't want any vegetable matter exposed to the air.

Step 3: Cover the opening of the jar with a thick sandwich-sized plastic baggie and screw the lid on tight. Set the jar in a sunny location for 10 days to two weeks.

Step 4: Strain out all vegetable matter and store your flavored vinegar in another sterile jar in the refrigerator. It will last for months.

