

INSTANT VINAIGRETTE TO WIN ANY SALAD

THE BASIC RATIO:

3 PARTS BASE OIL

+ 1 PART ACID

+ EXTRA FLAVOR



BASE OILS (PICK ONE)	SIMPLE ACIDS (PICK ONE)	EXTRA FLAVOR (OPTIONAL—MIX & MATCH)
Vegetable oil	Balsamic vinegar	Dijon mustard
Olive oil	Red wine vinegar	Red pepper flakes
Sunflower oil	Champagne vinegar	Crumbled bacon
Grapeseed oil	Sherry vinegar	Freshly grated Parmesan
EXTRA FLAVOR OILS (JUST ADD A LITTLE!)	Malt vinegar	Honey
	Apple cider vinegar	Sour cream/yogurt
Peanut oil	White wine vinegar	Brown sugar
Sesame oil	Rice wine vinegar	Chopped: Shallots Garlic Capers Cornichons Anchovies
Almond oil	Lemon juice	
Walnut oil	Orange juice	
Avocado oil		
Coconut oil		Chopped fresh herbs: Chives Oregano Tarragon Thyme Rosemary Marjoram



METHOD

1. Add oil, acid, and any extra flavorings to a jar.
2. Add a good pinch of salt & pepper. Put lid on jar. Shake.
3. Taste. Add more salt & pepper to taste. Shake again.
4. Let sit 5 minutes. Strain out bits if you like.
5. That's it! Pour over salad & serve.

PRO TIP: 1 tsp of Dijon mustard will help your dressing stay mixed!

EXAMPLES—DON'T FORGET THE SALT & PEPPER!

- » 3/4 cup extra virgin olive oil + 1/4 cup champagne vinegar + 2 tbl chopped shallots
- » 3/4 cup sunflower oil + 1/4 cup balsamic vinegar + 1 tsp Dijon + 1 tsp rosemary
- » 3/4 cup vegetable oil + 1/4 cup malt vinegar + 3 tbl crumbled bacon + 1/2 clove garlic
- » 3/4 cup grapeseed oil + 1/4 cup sherry vinegar + 2 tbl chopped capers
- » 3/4 cup extra virgin olive oil + 1/4 cup lemon juice + 2 tsp oregano + 1 tsp honey
- » 3/4 cup vegetable oil + 1/4 cup balsamic + 1 tbl shallot + 1/2 clove garlic



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