

Vinaigrette Basics

EACH SERVES: 6-8, depending on how much dressing you like **Prep:** 5 min **Cook:** NA

- Vinaigrettes are all about simple ratio of oil to acid. The acid can be from vinegars or citrus fruits. If you like a less acidic dressing, add 1 or 2 more tablespoons of oil. After shaking, taste and adjust with more acid or more oil to suit your taste.
- Layer ingredients in an 8 or 12 ounce ball jar, in the order listed below. Let sit for at least 10 minutes before shaking. This rest lets the shallot macerate in the acid (fancy word for soaking), which helps to flavor the vinegar/citrus and takes the edge off of the shallot. If you don't have shallot, you can use finely minced red onion, or just leave it out all together.
- Most of these will stay good for up to 5 days in the fridge. Just let come to room temp before using, as olive oil should solidify a bit when cooled.
- Play around with your favorite vinegars and oils here—the possibilities are endless!
- Champagne vinegar is interchangeable with white wine vinegar, and balsamic could be used for the red wine vinegar in the guidelines below.
- Up your salad game and make 2 different vinaigrettes at the beginning of the week to use on your favorite greens.

red wine vinaigrette

- 1 tablespoon minced shallot
- 2 tablespoons red wine vinegar
- 1/2 teaspoon dijon mustard
- 1/3 cup olive oil
- 1/4 teaspoon salt

ginger vinaigrette

- 1 tablespoon minced shallot
- 2 tablespoons white wine or rice vinegar
- 1/2 teaspoon peeled & grated ginger
- 1/3 cup olive oil
- 1/4 teaspoon salt

sherry vinaigrette

- 1 tablespoon minced shallot
- 2 tablespoons sherry vinegar
- 1/2 teaspoon dijon mustard
- 1/3 cup olive oil
- 1/4 teaspoon salt

citrus vinaigrette

- 1 tablespoon minced shallot
- 1 tablespoon white wine vinegar
- zest and juice of 1 lemon and 1/2 an orange
- 1/3 cup olive oil
- 1/4 teaspoon salt

tamari-maple vinaigrette

- 2 tablespoons rice wine vinegar
- 1/2 small garlic clove, minced
- 1 tablespoon maple syrup
- 1/4 cup neutral oil
- 1 tablespoon toasted sesame oil
- 1 & 1/4 teaspoon tamari

apple cider-mustard vinaigrette

- 1 tablespoon minced shallot
- 2 tablespoons apple cider vinegar
- 1 teaspoon stone-ground mustard, or 1/2 teaspoon dijon
- 1/3 cup olive oil
- 1/4 teaspoon salt