

# TEN SALAD DRESSINGS



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1 cup extra virgin olive oil

1/2 cup any vinegar, lemon or lime juice

1/2 cup honey, maple syrup, or jelly

1 heaping Tablespoon Dijon mustard

1 heaping Tablespoon any fresh herb (optional)

a sprinkle or two sea salt and freshly ground pepper

Simply decide which ingredients you'd like to use and then measure everything into a Mason jar and shake vigorously until combined. Your personalized dressing will stay fresh in your refrigerator for several weeks, if it lasts that long.

## Variation

1. Sherry Maple: sherry vinegar and maple syrup

2. Fennel Balsamic: balsamic vinegar, honey and ground fennel seed

3. Raspberry: red wine vinegar and raspberry jelly

4. Italian: red wine vinegar, no sweetener, minced garlic, oregano and thyme

5. Caesar: lemon juice, no sweetener, 1/2 cup of Parmesan cheese, 1 tablespoon of minced garlic, 1 tablespoon of Worcestershire sauce

6. Caribbean: lime zest and juice, honey and shredded coconut
7. Southwestern: lime zest and juice, honey, cilantro and hot sauce
8. Vanilla: white wine vinegar, honey and pure vanilla extract
9. Goat Cheese: 1 small 5 oz log of goat cheese, 1/4 cup of white wine vinegar, 1/2 cup of olive oil, 1 tablespoon of honey, and sprinkle or two of salt and pepper, puréed smooth
10. Tomato: 1 large ripe local tomato puréed with the zest and juice of 2 lemons and 1/2 cup of olive oil, seasoned with salt and pepper

SOURCE: Chef Michael Smith