



Vinaigrette Notes

Crafting a vinaigrette is really just following a formula, more or less. The basic rule is:

1 part vinegar : 3 parts oil

However, this ratio may change, depending on if your acid is sweeter (like orange juice, or a flavored balsamic) or if your oil has a more robust flavor (like walnut oil).

Either way, the procedure is the same:

Step 1 – mix together the water-based items (i.e. vinegar) + aromatics/seasonings/salt & pepper

Step 2 – drizzle in the oil, whisking constantly

Step 3 – taste with a part of your salad that will eventually get the vinaigrette (i.e. a leaf)

Step 4 – adjust seasonings, acid, oil, etc. as needed until you like it

Try the method above for this Balsamic Vinaigrette (amounts are approximate!)

Basic Balsamic Vinaigrette

1 t. minced shallot

A few drops Dijon mustard

2 T. balsamic vinegar

A few drops of honey (optional)

Salt and pepper

6 T. extra-virgin olive oil

Put shallot, mustard, balsamic, honey, salt and pepper into a bowl and whisk to combine.

Drizzle in olive oil, while whisking, to create an emulsion (the mustard helps with this). Taste it on a salad leaf and adjust flavors accordingly.

Simple Lemon Vinaigrette

2 t. minced garlic

½ cup fresh-squeezed lemon juice

½ cup extra virgin olive oil

Salt and pepper to taste

The vinaigrette above will remain a “temporary emulsion” because it does not have mustard, mayo or other agent to help the oil and lemon juice combine. This is tasty on salads with stronger flavors (i.e. arugula) or in a summer pasta salad with roasted veggies, pine nuts, basil and feta cheese. The salt in the feta will help balance the acid from the lemon juice.

Buy local! Get produce for this recipe from small Solano County farms.

Visit <http://sustainablesolano.org/local-food/> for resources and information.