

April 29, 2014

SURE THING SALAD DRESSINGS

CLASSIC RANCH

- 1 cup mayonnaise (sometimes I will use low fat mayo here but generally I'm a full fat kind of gal)
- 1/2 cup sour cream
- 1 tablespoon fresh lemon juice
- 2 tablespoons red wine vinegar
- 1 clove garlic, minced
- 1 tablespoon shallot, minced (optional)
- 2 teaspoons worcestershire sauce, or more to taste
- 2 tablespoons of snipped chives (or more, they make it pretty and taste yummy)
- 1 teaspoon dijon mustard (optional)
- 1/2 teaspoon celery seed (optional)
- flaked sea salt and freshly ground black pepper
- buttermilk (add to desired consistency)

Whisk together all ingredients in a small bowl until smooth. Adjust seasoning according to taste. Let stand about 1 hour before using.

Dressing keeps refrigerated from 1-2 weeks.

CARROT MISO DRESSING

- 2 medium carrots, peeled and chopped
- 1 1/2 inch piece of fresh ginger, peeled and finely chopped
- 2 tablespoons of sweet white miso
- 2 tablespoons of rice wine vinegar
- 2 tablespoons of toasted sesame seed oil
- 1/3 cup safflower oil
- 2 tablespoons water
- flaked sea salt and freshly ground black pepper

Combine carrots, ginger, miso and vinegar in bowl of food processor. Add sesame and safflower oil and process until smooth. Add water to achieve desired consistency. Season with salt and pepper. Dressing keeps, refrigerated about one week.

RED WINE VINEGAR AND SHALLOT VINAIGRETTE

- 1/2 cup red wine vinegar
- 3 tablespoons fresh lemon juice
- 3 small shallots, minced
- 1 cup good quality olive oil
- a few sprigs of fresh thyme leaves
- Flaked sea salt and freshly ground black pepper
- touch of honey, if desired

Combine vinegar, lemon juice and shallots and let stand 30 minutes until shallots soften. Whisk in olive oil and season with salt and pepper. Stir in a touch of honey if vinaigrette tastes too tart for your liking. Dressing improves with age so make a few days in advance for flavors to seep in and mellow. Dressing keeps, refrigerated up to 2 weeks.