

## Oil and Vinegar Salad Dressing

**Makes enough for two main dish salads or four side dish salads.**

**NOTE: For safety and freshness, serve homemade dressings the same day you make them.**

### **Ingredients:**

1 to 2 Tablespoon balsamic, red wine vinegar or lemon juice  
Salt and freshly ground black pepper to taste  
3 Tablespoons extra virgin olive oil

### **Possible Add-ins**

1/8 teaspoon garlic powder  
1/2 to 3/4 teaspoon Dijon-type mustard

### **Directions:**

1. Whisk together vinegar and any additional seasonings.
2. Slowly add olive oil and whisk in. Or, shake all ingredients together in a small jar with a tight lid.

**Cook's Comments:**\* A classic French vinaigrette is typically three to four parts oil (usually olive oil) and one part acid (frequently red wine vinegar). Seasonings include salt, pepper and often Dijon mustard and/or garlic. You may be able to use less oil and more acid ingredient if you use one of the following in your dressing: rice vinegar; white wine vinegar; raspberry, blueberry or other fruit vinegar; champagne vinegar; lemon, lime or orange juice. Start experimenting by beginning with two parts oil to one part vinegar or citrus juice.

While lime and lemon juice can stand by themselves in salad dressings, you'll get more flavor by combining orange juice with vinegar. *Joy of Cooking* (Simon & Schuster Inc., 1997) recommends distilled white vinegar is best used in pickling, not salad dressings.

For a better flavor, thoroughly mix the oil and vinegar. The standard procedure is to whisk the vinegar with the salt, pepper and any other seasonings. Then add the oil in a slow stream, whisking constantly, until dressing is translucent. Or, shake the ingredients together in a small jar with a tight-fitting lid. If not using dressing right away, whisk or shake again before using.