

EVERYDAY SALAD DRESSINGS

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EVERYDAY SALAD DRESSING #1

*1 medium garlic clove, minced or 1 small shallot, finely diced
3/4 teaspoon fine grain sea salt
a few turns of freshly ground black pepper
1 teaspoon Dijon mustard
2 1/2 – 3 Tablespoons freshly squeezed lemon juice
1/2 cup unrefined, cold-pressed extra-virgin olive oil*

EVERYDAY SALAD DRESSING #2

*1 small shallot, minced (about 2 teaspoons)
3/4 -1 teaspoon fine grain sea salt
freshly ground black pepper to taste
1 teaspoon Dijon mustard
2 teaspoons raw honey or 100% pure maple syrup
2 Tablespoons unpasteurized apple cider vinegar or red wine vinegar
2 Tablespoons unseasoned rice vinegar
3/4 cup unrefined, cold-pressed extra-virgin olive oil*

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Either whisk the ingredients together in a small bowl or place all the ingredients in a glass jar with a lid and shake until emulsified.

Both dressings can be made ahead and kept in a glass jar in the refrigerator for 5-7 days. Because olive oil solidifies when chilled, you will need to remove it from the refrigerator well before you want to use it in order for it to become pourable, or you can leave the dressing at room temperature in a cool, dark place for a few days.