



savory living

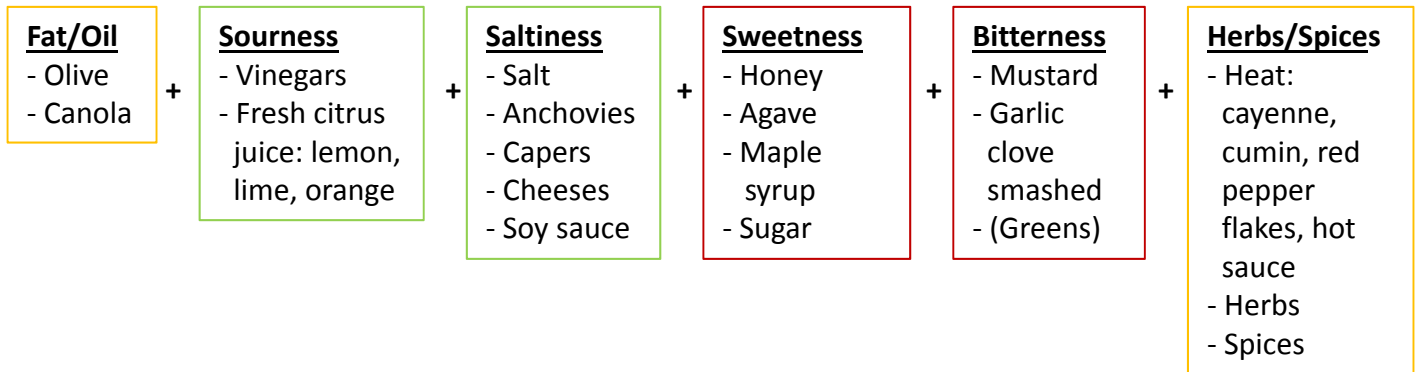
Eat well. Feel better.

Technique and Ideas – Making Vinaigrettes

To create delicious vinaigrettes you need to keep in mind two things:

- *ratio*: 3 parts fat (oil) to 1 part sour/acid (vinegar or citrus juice)
- *flavorings*: Include and balance 4 tastes: sourness, saltiness, sweetness, and bitterness; and a dash of heat and herbs and spices

Store your vinaigrettes in the refrigerator.



Balsamic	Olive oil, balsamic vinegar, maple syrup, honey mustard, basil, thyme, cayenne, garlic clove (smashed)
Light Lemon	Olive oil, lemon, soy sauce, honey, Dijon mustard, basil, thyme, cayenne, garlic clove (smashed)
Greek	Olive oil, lemon, anchovy paste, honey, oregano, feta, mint, cayenne, garlic clove (smashed)
Mexican	Olive or canola, fresh lime, white wine vinegar, honey, cilantro, garlic clove (smashed)
Asian	Canola oil, fresh orange juice, seasoned rice vinegar, honey, fresh grated ginger