SALAD DRESSINGS

Salad dressings start with 2 basic ingredients – an oil and an acid eg. lemon or a vinegar. From there add the other flavours – mustards, honey, garlic, fresh herbs, chilli. Let your imagination take over here. Put it all in a jar and shake it. This step is called emulsifying which mixes the liquids together.

BASIC
juice of 2 lemons or ¼ cup vinegar
¼ cup olive oil
2 teaspoons honey/ rice syrup
2 teaspoons mustard
salt and pepper

ASIAN
juice of 2 lemons
1 tablespoon soy sauce
1 teaspoon wasabi paste
1 tablespoon sesame oil
2 cloves finely chopped garlic

MOROCCAN
juice of 2 lemons
2 tablespoons tahini
2 tablespoons olive oil
1 teaspoon sumac
salt and pepper

ASHGROVE STYLE (this one needs to go in a blender)
1/2 cup sunflower seeds
2 cloves garlic
1/2 cup olive oil
juice of 2 lemons
2 teaspoons mustard
2 teaspoons vinegar
2 tablespoons capers