

Basic Vinaigrette

INGREDIENTS:

- 3 part acid of choice
- 1 part liquid sweetener of choice
- 1 part emulsifier of choice (optional)
- 1 part garlic or shallot, minced (optional)
- 6 parts oil of choice
- Salt and freshly ground black pepper, to taste

DIRECTIONS:

1. Place acid, liquid sweetener, emulsifier if using, and garlic or shallot if using in a small mixing bowl and whisk to combine.
2. Slowly pour in oil, whisking constantly, until all oil has been added and vinaigrette is completely emulsified
3. Vinaigrette can be stored in a sealed, air tight container for up to two weeks..

NOTE:

Common acids include vinegars (white, red, and rice wine, apple cider, etc.), and lemon juice. Try mixed rations of any to find a blend you enjoy.

Common liquid sweeteners include honey, maple syrup, and agave.

Common emulsifiers include mustard (dijon, stone ground, spicy brown, etc.), yogurt, tahini, and mayonnaise. Each lends different qualities, so select depending on application.

Common oils include extra virgin oil oil, avocado oil, and various nut oils. Select an oil with a forward yet not overwhelming flavor. Oil blends can be utilized for more potent oils, such as strong varieties of olive oil, or sesame oil. When blending oil, select a more neutral oil, such as canola, to pair alongside more aggressively flavored oils.

Additional flavoring ingredients, such as herbs and spices, can be added as well, if desired.