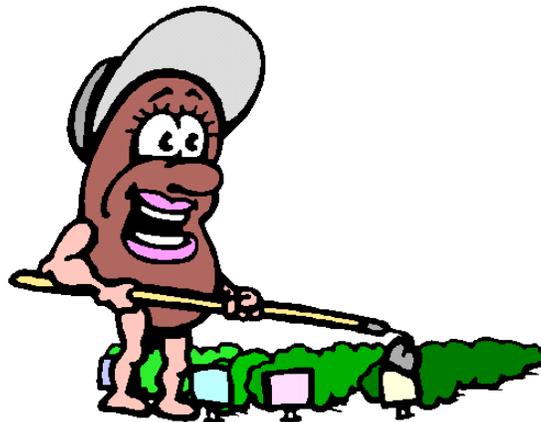




THE COMPLEAT GUIDE® TO
VINAIGRETTE DRESSINGS

**How to Add Flavor to
Almost Anything**



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THE COMPLEAT VINAIGRETTE DRESSING GUIDE

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THE COMPLEAT VINAIGRETTE DRESSING GUIDE

Oil, acid, water and flavors; the simplest of food creations, and the most versatile. Take a look at what's going on here: Oil, to deliver fat-soluble flavors; water and acid, to absorb even the toughest seasoning elements; and any kind of tasty additions you want!

Vinaigrettes: They're not just for salads anymore. Use as marinades for beef, chicken, fish, shellfish, or vegetables. Pour over cooked or baked dishes for an added rush of aroma and zest. Drizzle onto sliced tomatoes and cheese for a quick, tasty, and nutritious snack. Low calorie too, because you don't need a large quantity of any vinaigrette to get a burst of flavors.

There are two basic methods for making a vinaigrette. First, combine all ingredients except the oil, then whisk in the oil using brisk strokes until the dressing comes together. Even easier, place all the ingredients except oil in a blender and, while the blender is running, add all the oil in a thin stream, right into the blender vortex. Don't stop adding oil in the middle of the run! Blend until completely smooth.

Some additions, like garlic, mustard and shallots, will act as emulsifiers, especially in the blended vinaigrettes. That means they're not likely to separate back into oil and water components; a phenomenon known as "breaking." But even if your vinaigrette breaks, don't panic! Just pour into a small bowl and whisk away; it'll restore quickly.

Experiment! It's almost impossible to make a bad vinaigrette, just so you use about one part vinegar or citrus juice to two or three parts of oil. And be sure to use top-quality oil and vinegar! The few extra pennies per serving will be worth it...

The All-Purpose, Never-Fail, Standing-on-Your-Head-Simple Vinaigrette

¼ cup vinegar (cider, wine, champagne, etc.) or lemon juice (fresh-squeezed)
1-3 Tbsp flavoring (Dijon or Creole mustard, horseradish, honey, etc.)
1-3 Tbsp flavorful vegetables (garlic, roasted garlic, ginger, shallots, onions, olives, jalapeño, etc.)
1-3 Tbsp fresh herbs (parsley, thyme, cilantro, oregano, chives, chervil, mint, sage, etc.)
¼ to ¾ tsp spices (curry, poppy seeds, cumin, dill, cardamom, nutmeg, cloves, paprika, etc.), optional
½ to ¾ cup extra-virgin olive oil
Seasonings to taste (salt, pepper)

In a blender, blend together vinegar and flavoring; add vegetables and herbs if you want them to be blended smooth into the dressing, otherwise mince them finely and retain for addition after blending. Add spices as well. With motor running, add oil in a thin stream until all oil is in and dressing emulsifies. Stop blender and taste; season as desired. (Here's when you'd add the retained veggies and herbs). Chill or serve immediately. Will store for 1-3 days. Whisk or blend to smooth consistency before serving, if chilled.

To make a spicy or even fiery hot dressing, substitute chili oil or pepper-infused olive oil for some of the extra-virgin olive oil. You can use some dried pepper flakes as well, but be careful with these! A little goes a long way.

Mustard (and Horseradish) Vinaigrettes

Champagne Mustard Vinaigrette

2 tablespoons Champagne vinegar
1 tablespoon finely chopped shallot
¼ teaspoon Dijon mustard
½ teaspoon salt

¼ teaspoon black pepper
⅓ cup extra-virgin olive oil
1 tablespoon finely chopped fresh chives

Whisk together vinegar, shallot, mustard, salt, and pepper in a small bowl. Add oil in a slow stream, whisking constantly until dressing is emulsified, then whisk in chives.

Creole Mustard Vinaigrette

¼ cup unseasoned rice vinegar
1 ½ tablespoons Creole mustard
1 tablespoon honey

5 drops hot pepper sauce
6 tablespoons extra-virgin olive oil
Salt and pepper

Whisk rice vinegar, Creole mustard, honey, and hot pepper sauce in medium bowl to blend. Gradually whisk in oil. Season vinaigrette to taste with salt and pepper.

Dijon Mustard Vinaigrette

1 ½ teaspoons Dijon mustard
2 tablespoons minced shallot
1 teaspoon minced garlic

2 tablespoons balsamic vinegar
¼ cup extra-virgin olive oil

Whisk together all ingredients except olive oil. Using rapid whisking, add oil in one continuous thin stream. Whisk until emulsified, and use immediately.

Garlic Mustard Vinaigrette

1 small garlic clove
1 teaspoon Dijon mustard
1 tablespoon Sherry vinegar
¼ cup heavy cream

2 tablespoons corn or canola oil
2 tablespoons extra-virgin olive oil
freshly ground black pepper

In a small, metal bowl, whisk together all ingredients except oil. Combine oil in small pouring cup. Using rapid whisking, add oil in one continuous thin stream. Whisk until emulsified, season with pepper and serve.

Shallot and Mustard Vinaigrette

¼ cup finely chopped shallot
1 tablespoon Dijon mustard
2 tablespoons red-wine vinegar
½ cup olive oil (preferably French) or safflower oil

Whisk together shallot and mustard, then whisk in vinegar. Add oil in a slow stream while whisking vigorously. Serve when dressing emulsifies.

Sherry Mustard Vinaigrette

¼ cup Sherry wine vinegar	½ cup olive oil
1 large shallot, chopped	½ cup crumbled blue cheese
2 teaspoons Dijon mustard	Salt and pepper

Combine vinegar, shallot, and mustard in medium bowl. Gradually whisk in oil. Mix in cheese. Season vinaigrette to taste with salt and pepper.

Simple Red Wine Mustard Vinaigrette

¼ cup red wine vinegar	3 large shallots, minced
3 tablespoons Dijon mustard	Salt and pepper
¾ cup extra-virgin olive oil	

Whisk together vinegar and mustard in a small metal bowl. Whisk in olive oil until emulsified. Whisk in shallots, then season to taste with salt and pepper.

Neurotic Vinaigrette

2 teaspoons wine vinegar	2 teaspoons fresh chervil; minced
2 yolks from hard-boiled eggs, mashed	¾ cup extra-virgin olive oil
½ teaspoon dry mustard	salt and pepper, to taste
2 teaspoons fresh chives; minced	

Whisk together all ingredients until smooth and creamy.

The name for this dressing comes from its remarkable clinginess. Use it on a chopped-vegetable salad, or any other chunky salad where the dressing should be firmly attached to the ingredients to get the right proportions.

Honey Mustard Vinaigrette a la Bobby Flay

3 tablespoons white wine vinegar
2 tablespoons coarse- or whole-grain Dijon mustard
1 small shallot, finely chopped

2 tablespoons honey
½ cup olive oil
salt and freshly ground black pepper

Whisk the vinegar, mustard, and shallot together in a medium bowl. Gradually whisk in the honey, then the oil, until the dressing is emulsified. Season to taste with salt and pepper. The vinaigrette can be made a few hours in advance, covered, and kept refrigerated. Bring to room temperature and whisk or shake well before serving.

Horseradish Vinaigrette

¼ cup red wine vinegar
1½ teaspoons fresh lemon juice
½ teaspoon dry mustard
½ teaspoon soy sauce

½ teaspoon grated (or prepared) horseradish
1 clove garlic, minced
2-3 teaspoons fresh herbs
½ cup extra-virgin olive oil

Place all ingredients in a jar. Cover and shake jar vigorously until mixed. (Fresh herbs mix should be equal parts basil, dill, parsley and chervil. Try your own mixture, though; maybe you'll find one you like better!)

Herbs and Spices Vinaigrettes

Simple Herb Vinaigrette

¼ cup tarragon, basil or other herb vinegar
2 tablespoons minced shallots
1 tablespoon minced garlic
¼ cup assorted chopped fresh herbs (basil, tarragon, cilantro, parsley, oregano)

1 teaspoon kosher salt
freshly ground black pepper
¾ cup extra-virgin olive oil

Combine all ingredients except oil in a medium mixing bowl. Slowly whisk in the oil and continue whisking until thoroughly emulsified. Serve immediately or refrigerate; keeps up to 3 days. Whisk just before serving.

Ancho Vinaigrette

2 Ancho peppers
5 sun-dried tomatoes
2 cups water
½ cup rice wine vinegar

¾ cup salad oil
2 tablespoons soy sauce
2 tablespoons sugar

In a small saucepan over medium-high heat, boil peppers and tomatoes until soft and water is reduced by half. Remove from heat and cool. Drain peppers and tomatoes; reserve cooking liquid. Puree pepper-tomato mixture. In a medium bowl, whisk pepper-tomato mixture, vinegar, oil, soy sauce and sugar. Adjust consistency and flavor to taste with reserved cooking liquid.

Chili Vinaigrette

¼ cup white wine vinegar
1 tablespoon mustard
½ cup olive oil

1 tablespoon ancho chili paste
1 teaspoon ground cumin

Whisk together vinegar, mustard and oil. Add chili paste and cumin. Serve.

Creamy Garlic Vinaigrette

2 cloves garlic, peeled and minced
1 teaspoon Dijon or stone-ground mustard
1 tablespoon Sherry vinegar
¼ cup heavy cream, chilled

1 ounce (2 tablespoons) extra-virgin olive oil
1 ounce (2 tablespoons) safflower oil
salt and pepper

In a small metal bowl, whisk together garlic, mustard and vinegar. Whisk in the cream, and then add the oils in a continuous stream. Continue whisking vigorously until mixture emulsifies. Season to taste and serve.

Cilantro Agave Vinaigrette

2 cups washed and dried cilantro leaves
2 cloves garlic
2 tablespoons agave syrup
1 tablespoon coarse-ground mustard

2 limes, juiced
⅔ cup grapeseed oil, or extra-virgin olive oil
salt and pepper

In a blender, combine cilantro, garlic and syrup. Pulse three or four times. Add mustard and lime juice and blend at high speed for a couple of minutes. Slowly add the oil to the blender while running. When mixture is smooth and emulsified, season to taste and serve. Works well with baked fish.

Cilantro Honey Chile Vinaigrette

1 1/2 tablespoon honey
1/2 cup cilantro leaves
2 Serrano chiles

1 tablespoon Dijon mustard
3/4 cup canola oil
salt and pepper to taste

Blend all ingredients together and slowly add oil. A little ice water may be needed.

Dill Vinaigrette

2 tablespoons white wine vinegar
1 tablespoon fresh lemon juice
1 tablespoon minced shallot

2 tablespoons chopped fresh dill
½ cup extra-virgin olive oil
salt and pepper

Place all ingredients down through the dill in a blender and blend until smooth. With motor running, add oil in a slow, continuous stream until dressing emulsifies. Season to taste. Transfer to a squeeze bottle for plating.

Dill Lemon Vinaigrette

½ cup fresh lemon juice
2 teaspoons lemon zest
2 tablespoons red onion; minced
1 tablespoon honey

2 teaspoons capers; drained, chopped
1 tablespoon chopped fresh dill
⅔ cup olive oil
salt and ground pepper

In a mixing bowl, combine the lemon juice, lemon zest, onions, honey, capers and dill. Whisk in oil in a stream. Season to taste with salt and pepper. Store covered in refrigerator for up to 5 days. Yield: approximately 2 cups

Garlic Vinaigrette

1 tablespoon tarragon vinegar
1 teaspoon mild mustard
3 oz extra-virgin olive oil

8 garlic cloves; crushed
salt and pepper, to taste

Mix the tarragon vinegar with the mustard, gradually pour in the oil, stirring all the time so it thickens. Season with a little salt and pepper, then stir in the crushed garlic. Leave to stand for 20-30 minutes before serving.

Ginger Vinaigrette

1 piece (1½ inches long) fresh ginger, peeled
1 garlic clove
2 tablespoons rice vinegar
1 tablespoon light soy sauce

1 tablespoon honey
⅛ teaspoon dried red pepper; crushed
¼ cup peanut oil
½ teaspoon dark sesame oil

Process ginger and garlic in a food processor until smooth, stopping once to scrape down sides. Add vinegar, soy sauce, honey and dried red pepper; process 30 seconds. With processor running, slowly pour in oils, blending just until smooth.

Ginger Lemon Vinaigrette

1 tablespoon finely minced, peeled fresh ginger
⅓ cup fresh lemon juice
½ cup light vegetable oil

1½ tablespoons toasted sesame oil
1 teaspoon sugar

Whisk all ingredients together. Store in the refrigerator until ready to use.

Lemongrass, Caper and Brown Butter Vinaigrette a la Ming Tsai

12 ounces butter
¼ cup drained capers
4 stalks minced lemongrass, white part only
½ cup lemon juice

2 shallots, sliced
2 tablespoons Dijon mustard
salt and pepper

In a medium saucepan, completely melt butter. On low heat, continue cooking until butter achieves a nice, brown color. Don't rush this step, or you'll get scorched butter, which doesn't make a great vinaigrette! Quickly fry the capers in the butter; they will puff up. Strain capers out and season, then drain on paper towels. Repeat frying with lemongrass. Place lemongrass in the blender, along with the lemon juice, shallots and mustard. With the blender running, pour hot butter into the mix to make the vinaigrette. Be careful, as the butter will foam up! Season to taste, and use fried capers as garnish when you serve the dressing.

Roasted Garlic Vinaigrette

12 garlic cloves, roasted and peeled
¼ cup red wine vinegar
1 tablespoon honey
juice of 1 lime

½ cup olive oil
1 teaspoon coarse salt
½ teaspoon ground black pepper

Combine the garlic, vinegar, honey and lime juice in a blender and puree until smooth. With the motor running, slowly add the oil until emulsified. Season with salt and pepper.

Roasted Garlic Vinaigrette II

3 heads garlic, unpeeled
2 teaspoons Dijon mustard
¼ cup red-wine vinegar

¼ cup balsamic vinegar
1 ½ cups olive oil

Cut top ¼ inch off each head garlic and wrap heads together in foil. Roast garlic 40 to 45 minutes, or until very soft, and let cool. Squeeze roasted garlic from each head (there should be about ½ cup) and in a blender or food processor blend together with mustard, vinegars, and salt and pepper to taste until smooth. With motor running add oil in a very thin stream and blend until emulsified. Vinaigrette may be made 4 days ahead and chilled in a tightly sealed jar. Shake or whisk vinaigrette well before serving.

Spicy Ginger Vinaigrette

½ cup fresh ginger root, finely chopped
3 cloves garlic, minced
1 shallot, finely chopped
1 teaspoon brown sugar
1 tablespoon soy sauce
¼ cup seasoned rice vinegar

1 tablespoon lemon juice
¼ teaspoon dried pepper
¼ teaspoon five-spice powder
½ teaspoon salt
fresh black pepper to taste
1 cup vegetable oil

In a blender, blend all ingredients except oil until smooth. With the motor running, add oil in a stream and blend dressing until emulsified. Transfer vinaigrette to a jar with a tight fitting lid.

Spicy Ginger and Sake Vinaigrette

¼ cup sesame oil
½ teaspoon each chopped garlic, chopped shallot
and fresh chopped ginger
1 cup sake (rice wine)

3 tablespoons cornstarch
½ cup rice wine vinegar
¼ cup soy sauce
¼ to ⅓ cup brown sugar

In a saucepan, heat oil until just beginning to smoke. Add garlic, shallot and ginger. Sauté for 1 minute, or until garlic just begins to change color. Don't scorch the garlic! Deglaze with sake, saving 1-2 tablespoons sake for a cornstarch slurry. Bring pan mixture to a simmer and reduce by about half. Meanwhile, make up a cornstarch slurry using retained sake and the cornstarch; set aside. When pan liquid is reduced nicely, bring to a strong boil and add in vinegar, soy and sugar. Remove from heat and carefully use a stick blender to emulsify. Return sauce to heat and add cornstarch to thicken. Remove from heat and refrigerate for 1 hour before serving.

Spiedie Sauce

6 oz Marsala wine or sherry
4 oz balsamic vinegar
½ teaspoon salt
1 teaspoon crushed red pepper flakes

1 teaspoon oregano
1 teaspoon basil
1 clove of garlic
6 oz extra virgin olive oil

Whisk together all ingredients except oil in a small bowl. Drizzle in oil while vigorously whisking. Let stand overnight in refrigerator to blend together flavors.

This sauce is a favorite at the fair and in restaurants in Binghamton, NY. Use as a marinade on chicken, or beef or pork cubes. Marinade in refrigerator for at least 4 hours, then drain, grill meat and serve in hoagie rolls.

Alternative formulations:

¼ cup fresh oregano
2 teaspoon whole thyme
¼ tablespoon garlic, minced
1 tablespoon onion, minced

1 tablespoon unseasoned meat tenderizer
1 tablespoon Accent® seasoning mix
4 tablespoons fresh lemon juice
1 cup vegetable oil

¼ cup vinegar
1 clove garlic, finely chopped
1 teaspoon oregano
¼ teaspoon red pepper flakes
1 teaspoon parsley

¾ teaspoon salt
¼ teaspoon pepper
¼ teaspoon basil
1 cup salad oil

Vegetable Vinaigrettes

Artichoke Sauce for Fish

3 ounces extra-virgin olive oil
2 tablespoons minced shallots
1 teaspoon minced garlic
1 teaspoon chopped thyme
½ red onion, julienned
⅓ cup fresh lemon juice
3 plum tomatoes, seeded and julienned

¼ cup Kalamata olives, pitted and halved
1 cup cooked artichoke hearts, thinly sliced
½ pound cooked shrimp, chopped
1 teaspoon salt
½ teaspoon crushed red pepper
¼ cup basil, *en chiffonade*

In a large sauté skillet, heat 1 ounce of the olive oil over medium-high heat. Add shallots, garlic and thyme and sauté for a minute. Add red onion and sauté for a couple of minutes, just until the edges of the peppers get soft. Add lemon juice, tomatoes, olives, artichokes, (shrimp,) salt and red pepper. Sauté until just heated through, about one minute or so. Add the basil and remaining oil and stir well. Spoon over baked or fried whitefish.

Avocado Vinaigrette

¼ cup rice wine vinegar
¼ cup chopped cilantro leaves
2 tablespoons soy sauce

1 teaspoon each sesame oil and powdered wasabi
¼ teaspoon crushed red pepper
1 ripe avocado, peeled, seeded, in ½-inch pieces.

Whisk all ingredients except avocado in a small bowl. Add avocado and stir gently to combine. Serve over cooked, lump crabmeat.

Confetti Vinaigrette

1 red bell pepper, finely chopped
1 yellow bell pepper, finely chopped
2 scallions, thinly sliced
1 tsp minced garlic
2 teaspoons fresh thyme or (1/2 teaspoon dried)

¼ cup white wine vinegar
¾ cup extra-virgin olive oil
1¼ teaspoons salt
½ teaspoon pepper

Place vegetables and thyme in a small bowl. Add vinegar and whisk. While continuing to whisk, add oil in a thin, even stream. Whisk until smooth and emulsified. Season to taste and serve.

Gazpacho Vinaigrette

2 oz. green beans (1 inch lengths)
1 red bell pepper, minced
1 celery stalk, minced
½ medium red onion, minced
½ large cucumber, peeled, halved, seeded, minced
juice of 2 limes
2 strips lime zest (1 inch wide)

1 cup V-8 Juice
2 tbsp. extra-virgin olive oil
1 tbsp. chopped fresh cilantro
1 teaspoon red wine vinegar or sherry vinegar
1 teaspoon minced peeled fresh ginger
6 dashes Tabasco sauce
salt and pepper

Fill a bowl with ice water. To blanch the beans, bring a large pot of water to a boil over medium-high heat, add the green beans, and cook until crisp and bright green, 2 to 3 minutes. Drain the beans, then immediately plunge them into ice water to cool. Drain and finely mince. In a bowl, mix together the bell pepper, celery, onion, cucumber, blanched beans, and lime juice and zest and let sit for 2 or 3 minutes. Stir in the V-8, oil, cilantro, vinegar, ginger, Tabasco, salt, and pepper and let sit for at least 30 minutes (or up to 2 days refrigerated).

Poblano Vinaigrette

2 Poblano chile peppers
6 tomatillos
½ small onion
2 garlic cloves
5½ cups fresh cilantro leaves

3 tablespoons olive oil
2 tablespoons lime juice
1 teaspoon brown sugar
½ teaspoon pepper

Place peppers on an aluminum foil-lined baking sheet. Broil 5 inches from heat (with electric oven door partially open) about 5 minutes on each side or until blistered. Place chile peppers in a heavy-duty zip-top plastic bag; seal and let stand 10 minutes to loosen skins. Peel peppers; remove and discard seeds. Bring tomatillos, onion, garlic, and water (to cover) to a boil over medium-high heat. Reduce heat and simmer 10 minutes. Drain and cool. Process tomatillo mixture, chile peppers, cilantro, and remaining ingredients in a blender or food processor for 30 seconds or until minced.

Roasted Poblano Vinaigrette

2 poblano peppers, roasted, peeled, seeded
¼ medium red onion, chopped
2 tablespoons fresh lime juice
¾ cup olive oil

½ cup spinach
2 teaspoons honey
salt and freshly ground pepper

In a blender, combine the peppers, onion, and lime juice and blend until smooth. While the blender is running, add the oil slowly until emulsified. Add the spinach and blend until smooth. Add the honey and season to taste with salt and freshly ground pepper. Bring to room temperature before serving.

Saffron and Sweet Pepper Vinaigrette

2 yellow or orange bell peppers, roasted, peeled,
seeded and chopped
1/3 cup rice wine vinegar
6 cloves garlic, minced
1 pinch saffron threads

1 tablespoon clover honey
1 tablespoon Creole mustard
3/4 cup extra-virgin olive oil
salt and pepper

Combine all ingredients except oil and seasonings in a blender; purée for at least 30 seconds. With the motor running, slowly add the oil until the dressing emulsifies. Season to taste. Works well with fish or chicken.

Salsa Vinaigrette

1 large tomato; quartered
1/4 small red onion
1/2 cup olive oil
1/4 cup red wine vinegar
1/2 cup chopped fresh cilantro, opt.

1/4 cup freshly squeezed lime juice
1 garlic clove; peeled
1 fresh hot chile pepper, seeded and minced
1/2 teaspoon fine sea salt
1/2 teaspoon freshly ground black pepper

Put all the ingredients into a blender and blend until smooth.

Smoked Tomato Vinaigrette

12 ripe plum tomatoes, halved and seeded
1 cup light olive oil

salt and pepper

Place tomatoes in a perforated pan over a smoker on high heat. Once wisps of smoke appear, cover the smoker tightly with foil and reduce heat to medium. Smoke tomatoes until hot and quite soft, about 30 minutes. Place smoked tomatoes in a blender and purée at high speed. Add oil in a continuous stream until sauce emulsifies. Season to taste.

Sun-Dried Tomato Vinaigrette

1/4 cup sweetened balsamic vinegar
1 shallot, minced
8 sun-dried tomatoes, drained
6 large basil leaves

1 garlic clove
2 tablespoons dry red wine, such as merlot
1/4 cup water
1/2 cup olive oil

Bring sweetened balsamic vinegar and shallots to boil over moderate heat in a non-reactive saucepan and reduce to approximately 2 tablespoons, about 2 minutes. Transfer reduction to food processor. Add next five ingredients and process until minced. With machine on, add olive oil in steady stream. Transfer vinaigrette to a non-reactive bowl and store or use.

Tomato Ginger Vinaigrette

1 large vine-ripened tomato (about ½ pound),
seeded and chopped
1 ½ tablespoons finely grated peeled fresh
gingerroot
1 tablespoon tomato paste

1 large garlic clove, minced and mashed to a paste
with ½ teaspoon salt
3 tablespoons balsamic vinegar
½ cup extra-virgin olive oil

In a blender, blend together all ingredients except oil until smooth. With motor running, add oil in a stream with salt and pepper to taste and blend until emulsified. Vinaigrette may be made 1 day ahead and chilled, covered. Bring vinaigrette to room temperature and whisk before serving.

Tomato-Poblano Vinaigrette

⅓ cup cider vinegar
3 tablespoons tomato paste
2 tablespoons lime juice; (1 lime)
1¾ teaspoons tabasco pepper sauce
½ teaspoon chopped garlic
½ teaspoon salt

1½ cup olive oil
1 tomato, blanched, skinned, seeded, diced
1 poblano chile, roasted, seeded, diced
½ teaspoon dried oregano
freshly ground black pepper

In bowl of food processor, combine vinegar, tomato paste, lime juice, TABASCO Sauce, garlic and salt; process 30 seconds. With motor running, gradually add oil until mixture is emulsified. Transfer dressing to medium bowl. Stir in tomato and chile pepper. Season with oregano and black pepper. Just before serving, season with additional salt and Tabasco sauce, if desired. Makes 2 1/2 cups.

Citrus Vinaigrettes

Lemon Vinaigrette

¼ cup fresh lemon juice	½ teaspoon salt
½ cup lightly packed fresh Italian parsley leaves	¼ teaspoon pepper
2 cloves garlic	⅓ cup extra-virgin olive oil
2 teaspoons freshly grated lemon zest	

Blend all ingredients except oil in a blender on high speed. With the blender running, pour oil in a thin, continuous stream into the mixture. Continue blending until mixture is smooth and emulsified. Season to taste and serve with fish.

Another Lemon Vinaigrette

¼ cup extra-virgin olive oil	¾ teaspoon kosher salt
2 tablespoons fresh lemon juice	freshly cracked black pepper
¾ teaspoon minced fresh garlic	¾ teaspoon fresh thyme leaves

Gently stir the first five ingredients together, do not emulsify. Just before serving, add the fresh thyme leaves. Perfect on a green salad, or as a marinade on fish.

Chipotle Tangerine Vinaigrette

1 ¾ cups fresh tangerine juice	½ teaspoon Asian tamarind concentrate optional
1 teaspoon chipotle in adobo, minced	1 ½ teaspoon chopped fresh oregano; or ½
⅓ cup olive oil	teaspoon dried
2 teaspoons grated tangerine or orange zest	2 tablespoons chopped fresh cilantro
1 teaspoon grated lime zest	1 teaspoon toasted and ground cumin seed
1 tablespoon fresh lime juice	1 teaspoon Ancho chile powder
1 teaspoon sherry vinegar	kosher salt
2 teaspoons honey (or to taste)	

In a non-reactive saucepan over moderate heat, reduce the tangerine juice by half; cool. In the jar of a blender, combine the reduced juice with the remaining ingredients. Blend on high speed for a minute or so until the vinaigrette is smooth. Season to taste with salt. Store the vinaigrette, covered, in the refrigerator up to 2 weeks.

Lemon Caper Vinaigrette

1 small jar (1½ oz) capers
2 teaspoons Dijon mustard
4 cloves garlic, peeled
¼ cup fresh lemon juice
2 tablespoons scallion greens, chopped

1 tablespoon fresh parsley
¼ teaspoon dry dill weed
¼ teaspoon salt
fresh ground black pepper
¾ cup extra-virgin olive oil

Partially drain capers, then place all ingredients, except oil, in a food processor or blender. Process or blend until mixture is smooth. Slowly add oil in a stream until it is all incorporated.

A Different Lemon-Caper Vinaigrette

1 teaspoon minced shallots
¼ teaspoon Dijon mustard
1 ½ teaspoons honey
2 tablespoons chopped capers, with their liquid
2 tablespoons fresh lemon juice
1 tablespoon champagne vinegar

1 teaspoon chopped fresh dill
2 teaspoons chopped fresh parsley
¼ teaspoon kosher salt
¼ teaspoon freshly cracked black pepper
½ cup extra-virgin olive oil

Combine all ingredients except oil in a medium mixing bowl. Whisk to combine. While whisking, add oil in a thin, steady stream until the vinaigrette is well combined. Check seasonings and serve.

Orange Garlic Vinaigrette

½ cup extra-virgin olive oil
1 tablespoon fresh ginger, peeled and minced
6-8 cloves garlic
¼ cup diced shallots
½ cup sherry vinegar

1 ½ cups orange juice
¼ cup Cointreau
½ cup soy sauce
1 sprig fresh rosemary
salt and pepper, to taste

Heat 1 tablespoon oil in a saucepan over medium heat. Add ginger and sauté for 1 minute, then add garlic and shallot and cook for 3 minutes or so. Pour in the vinegar and stir to remove any browned bits on the bottom of the pan. Add orange juice, Cointreau, soy sauce and rosemary and cook, with stirring, until thickened and reduced by about half. Remove rosemary sprig and purée mixture using a stick blender or food processor. With blender running, add remaining olive oil in a single stream. Season and serve warm.

Orange Chipotle Vinaigrette

1 teaspoon finely grated fresh orange zest	1 ½ teaspoons salt
1 cup fresh orange juice (not from concentrate!)	2 teaspoons minced garlic
¼ cup champagne or white wine vinegar	1 teaspoon brown sugar or molasses
1 ½ teaspoons canned chipotle chiles in adobo	1 cup extra-virgin olive oil

Place all ingredients except the oil into a blender. Purée the mixture for at least 1 minute on high. When the mixture is uniform, add the oil in a slow, continuous stream with the blender running. When all the oil is added, continue blending until dressing is smooth. Try this sauce as the dressing for a non-mayonnaise potato salad! The ladies at the bridge club and quilting bee will never see potluck lunch in quite the same way...

Spicy Sweet Orange Vinaigrette

2 cups orange juice	1 tablespoon ancho chile powder
2 tablespoons red wine vinegar	1 tablespoon molasses (try pomegranate molasses!)
2 tablespoons coarsely chopped red onion	¾ cup extra-virgin olive oil
1 jalapeño pepper, coarsely chopped	salt and freshly ground black pepper

Place orange juice in a small metal saucepan over high heat and cook until reduced to ¼ cup. Place reduced juice and all other ingredients, excluding oil and salt and pepper, into a blender; blend until smooth. With the blender running, slowly add olive oil in a continuous stream. Once dressing is smooth and emulsified, season to taste and serve.

Tangerine Vinaigrette

2 honey tangerines, peeled, pith removed	1 teaspoon fresh lemon juice
2 tablespoons fresh tangerine juice	½ teaspoon finely grated tangerine zest
2 teaspoons champagne vinegar	⅓ cup light olive oil

Segment the tangerines over a bowl, catching juice for dressing. Place segments in a medium bowl. In a small bowl, combine tangerine juice, vinegar, lemon juice and zest. While whisking, add oil in a steady stream until emulsified. Season with salt and pepper. Garnish salad with tangerine segments and pour the vinaigrette over all.

Fruit Vinaigrettes

Apple Juice Vinaigrette

4 tablespoons extra-virgin olive oil
2 tablespoons cider vinegar
½ cup apple juice

¼ teaspoon salt
½ teaspoon minced garlic

Whisk all ingredients together until creamy.

Apple and Rosemary Vinaigrette

1 Granny Smith apple, cored, peeled, and cut into
¼-inch pieces
¼ cup apple cider vinegar, plus 2 tablespoons (use
the real stuff here!)
2 tablespoons minced shallots
2 tablespoons plus 1 teaspoon sugar
1 ½ teaspoons chopped fresh rosemary

¼ teaspoon freshly ground black pepper
1 ½ teaspoons Dijon mustard
1 teaspoon soy sauce
½ teaspoon kosher salt
1 ½ teaspoons diced green onion
½ cup light olive oil

Combine apples, cider vinegar, shallots, sugar, rosemary and black pepper in a skillet and bring to a simmer. Reduce the heat to low; cover and simmer until apples are tender, about 5-7 minutes. Remove from heat and transfer to a blender. Add mustard, soy sauce, salt and green onion. Purée on high speed. With the blender running, add oil in a thin, continuous stream and blend until dressing emulsifies. Remove from blend and refrigerate. Whisk lightly just before serving. This dressing will store nicely for up to a week.

Apricot Vinaigrette

½ cup apricot nectar
1 tablespoon canola oil
1 tablespoon cider vinegar
1 teaspoon fresh lime juice

¼ teaspoon dry mustard
¼ teaspoon ground coriander
1 dash Tabasco sauce

In a small bowl whisk all ingredients together until blended, or combine in a blender until smooth.

Blackberry Vinaigrette

1 tablespoon olive oil	½ teaspoon sugar
1 tablespoon minced shallots	1 tablespoon chopped fresh mint leaves
1 teaspoon minced garlic	1 tablespoon chopped fresh tarragon leaves
10 ounces frozen blackberries	½ cup light olive oil
½ cup white balsamic vinegar	salt and pepper
2 tablespoons balsamic vinegar	

Heat the tablespoon of olive oil over medium-high heat in a 10-inch sauté pan. Add shallots and garlic to the pan and cook, stirring continuously, for 1 minutes. Add blackberries and cook for 2 minutes. Deglaze pan with vinegars and allow liquid volume to reduce by about half, which takes about 30 seconds to 1 minute. Remove from heat and add contents to a blender. Add sugar, mint and tarragon into blender; pulse until a smooth paste forms. With the machine running, drizzle in olive oil until dressing emulsifies. Season to taste and serve or refrigerate.

Classic Raspberry Vinaigrette

½ cup raspberry vinegar
½ cup extra virgin olive oil
½ cup fresh basil, chopped, or
¼ teaspoon sweet basil, dried

Whisk ingredients together in a small bowl. Serve over chilled crisp Romaine leaves and thinly sliced tomato. Sprinkle with parmesan cheese, if desired.

Cranberry Vinaigrette

1 teaspoon maple syrup	2 tablespoons cranberry juice
½ teaspoon dry mustard	½ cup canola oil
1 tablespoon cider vinegar	salt and pepper

In a small, stainless steel bowl, whisk together the first four ingredients. Add the oil in a stream, with continuous whisking. Once the dressing emulsifies, season to taste and serve.

Citrus Poppy Seed Vinaigrette

¼ cup orange juice	¼ teaspoon salt
2 tablespoons white wine vinegar	⅓ cup oil
2 green onions, chopped	1 tablespoon poppy seed
⅓ cup sugar	

In blender container or food processor bowl with metal blade, combine orange juice, vinegar, onions, sugar and salt. Cover; blend well. With machine running, slowly add oil, blending until thick and smooth. Add poppy seed; blend a few seconds to mix.

Fresh Fig Vinaigrette

2 tablespoons butter
2 cups fresh figs, chopped
¾ cup sugar

salt and pepper
¾ cup cider vinegar
2 cups vegetable oil

In a sauté pan, brown the butter with 1 ½ cups of the figs and the sugar. Season with salt and pepper. Transfer mixture to a blender or food processor with a metal blade. Purée the mixture for 1 minute or so. Add vinegar and continue blending for a few seconds. With the machine running, slowly add the oil until dressing emulsifies. Check seasonings. Pour into a saucepan, fold in remaining figs and keep sauce warm until serving.

Grapefruit Vinaigrette

juice of 1 ruby grapefruit (about ¼ cup)
juice of 1 lemon
juice of 1 orange
1 teaspoon sugar
1 tablespoon grapefruit zest

2 tablespoons champagne wine vinegar
¼ cup corn oil
¼ cup olive oil
salt, to taste

In a small saucepan over medium-low heat, reduce the citrus juices and sugar to 2 tablespoons. Transfer to a mixing bowl, and add the zest and champagne vinegar. Whisk together while drizzling in the combined oils, and add the salt.

Mango Vinaigrette

1 mango, peeled
grated zest and juice of 1 lime
1 tablespoon chopped fresh cilantro
1 teaspoon sugar

½ cup seasoned rice wine vinegar
1 teaspoon honey mustard
1 cup vegetable oil or light olive oil
salt and freshly ground black pepper

Cut the mango flesh away from the pit and chop the mango coarsely. Place the mango and all the remaining ingredients, except the oil, salt, and pepper, in a blender or food processor and purée. With the machine running, drizzle in the oil. Add the salt and pepper, to taste. Store in an airtight container in the refrigerator for up to 3 weeks.

Orange Vinaigrette

¾ teaspoon salt
3 tablespoons olive oil
1 tablespoon white wine vinegar

1 orange
2 tablespoons minced ginger
1½ teaspoon hot sweet mustard

Juice orange and grate peel. In medium bowl, whisk ingredients together.

Pomegranate Vinaigrette

1 ounce cider vinegar	1 medium shallot, finely minced
8 ounces extra virgin olive oil	2 teaspoons kosher salt
4 ounces frozen Pomegranate purée, thawed	1/4 teaspoon ground black pepper

Combine ingredients in a bowl and whisk to emulsify. Place in a squeeze bottle for easy application.

Raspberry Almond Vinaigrette

1/2 cup almond or vegetable oil	2 tablespoons seedless raspberry jam
1/4 teaspoon grated lemon peel	1 teaspoon Dijon-style mustard
3 tablespoons lemon juice	1/8 teaspoon thyme
2 tablespoons ground toasted almonds *	salt and pepper; to taste

Combine all ingredients in a small bowl. Whisk until thoroughly mixed.

Strawberry Ginger Vinaigrette

1/3 cup white vinegar	4 teaspoons honey
1 cup sliced strawberries	1/4 teaspoon salt
2 teaspoons minced gingerroot	1 pinch pepper
1/3 cup vegetable oil	

In small saucepan, bring vinegar to boil over medium high heat. Stir in strawberries and ginger; cook for 1 minute, with stirring. Let cool. Purée and strain into bowl. Gradually whisk in oil, honey, salt, and pepper.

Ethnic and Miscellaneous Vinaigrettes

Almond Vinaigrette

½ cup slivered blanched almonds
¼ cup olive oil
2 tablespoons freshly-squeezed lime juice

2 tablespoons water
½ teaspoon salt
¼ teaspoon freshly-ground black pepper

Preheat the oven to 350 degrees. Spread the almonds on a baking sheet and bake until slightly golden, about 5 minutes. Set aside to cool. When the almonds are cool, transfer to a blender along with the remaining ingredients. Puree until smooth. Store in a container in the refrigerator up to 5 days.

Asian Vinaigrette

2 tablespoons minced green onions
1 tablespoon rice wine vinegar
1 tablespoon lemon juice
2 teaspoons soy sauce
1 teaspoon minced ginger

½ teaspoon minced garlic
½ teaspoon sugar
¼ teaspoon ground white pepper
⅛ teaspoon salt
⅓ cup macadamia oil

Whisk together all ingredients except oil in a medium, metal mixing bowl. While whisking vigorously, add the macadamia oil in a steady stream; continue whisking until dressing emulsifies. Adjust seasoning and serve with a nice Asian-style salad.

Bacon Vinaigrette

¼ cup extra-virgin olive oil
¼ cup cider vinegar
2 tablespoons bacon drippings

1 tablespoon Dijon mustard
1 teaspoon each salt and pepper

Whisk together all ingredients in a small metal bowl. Check seasoning and serve over salad greens. (This is Deep South meets Nouveau Cuisine. Yum!)

Curry Vinaigrette

¼ cup white wine vinegar
2 tablespoons olive oil
2 tablespoons lemon juice
1 teaspoon curry powder
½ teaspoon salt

½ teaspoon sugar
¼ teaspoon minced garlic
¼ teaspoon dried dill weed
⅛ teaspoon ground black pepper
dash hot pepper sauce

In small bowl or jar, combine all ingredients; mix or shake well.

Ginger Miso Vinaigrette

4 tablespoons white miso
3 tablespoons water
3 tablespoons rice vinegar
1 tablespoon honey
½ teaspoon sesame oil

1 clove garlic, minced
2 tablespoons lime juice
1 teaspoon fresh ginger, minced
1 teaspoon Dijon mustard
1 tablespoon fresh basil, minced

Place all ingredients in a blender and blend until smooth.

Honey and Red-Wine Vinaigrette

1/3 cup red wine vinegar
1 teaspoon soy sauce
3 to 4 cloves garlic
Juice of 1/2 lemon

1/4 teaspoon salt
¼ tsp freshly ground black pepper
2/3 cup extra virgin olive oil
2 to 3 tablespoons honey

Combine the vinegar, soy, garlic, lemon juice, salt and pepper in a food processor. Start the machine and gradually drizzle in the oil. With the motor running, drizzle in 2 tablespoons honey. Stop the machine. Taste, and if you would like the dressing to be sweeter, add the remaining honey.

Japanese Vinaigrette

½ cup white vinegar
¼ cup mirin
8 teaspoons rice vinegar

½ teaspoon soy sauce
1 teaspoon sesame oil
2 tablespoons sugar

Put all the ingredients in a bowl and whisk until thoroughly blended.

Lardon Vinaigrette

7 ounces slab bacon, in lardons (¼-inch by ¼-inch
by 1-inch pieces
2 tablespoons chopped shallot
4 tablespoons red wine vinegar

1 tablespoon Creole mustard
1 tablespoon chopped chives
salt and pepper

In a hot skillet, render fat from lardons. Remove lardons and drain on paper towels; reserve for salad use. In the skillet, add shallots and sauté. Remove from heat. Add red wine vinegar and mustard and stir to emulsify. Add chives and season to taste. Pour over salad greens and add lardons for a tasty, Southern-style salad.

Maple Hazelnut Vinaigrette

6 cinnamon sticks
½ bunch mint
3 cups rice vinegar

½ cup maple syrup
1 tablespoon hazelnut oil
salt and pepper

Place the cinnamon sticks and mint in a heatproof, sterilized glass jar. Place the vinegar in a small saucepan and heat just to a boil. Carefully pour hot vinegar over the cinnamon and mint. Cover tightly and allow to cool. Store for 1 to 5 days in a dark corner of the kitchen or pantry to allow vinegar to infuse. When you're ready to make the vinaigrette, place 2 cups of the vinegar into a blender. Add maple syrup and oil and blend until emulsified. Season to taste and serve over green salad. You can use champagne vinegar as a substitute, but don't use any vinegar with too strong a flavor or it will hide the delicate mint. Also, you can try walnut oil, or any other of your favorite oils to change the flavor around. Even a few drops of chile oil can be used with the other oils to kick it up a few notches!

Parmigiano Vinaigrette

1 cup corn or olive oil
1 cup freshly grated Parmigiano or sharp cheddar cheese
2 tablespoons white wine vinegar

½ cup low-fat plain yogurt
1 tablespoon Dijon mustard
Salt and pepper, to taste

Combine all the ingredients in a blender until creamy and smooth. Pour into a bowl, cover and store in the refrigerator. Makes about 2 cups. This quick mix is as delicious and creamy as blue cheese dressing, but not as strong, so kids like it more. Splurge for freshly grated Parmigiano to really kick this one up!

Port Vinaigrette

½ bottle port
¼ teaspoon minced garlic
1 ½ teaspoon chopped shallot
8 ounces olive oil

2 ounces extra virgin olive oil
juice of ½ lemon
1 tablespoon chopped mixed herbs
salt and pepper, to taste

Combine the port, garlic and shallots in a bowl. Whisk in by hand the oils to form a loose emulsification. Season with salt, pepper, lemon juice and herbs. Store refrigerated and stir well before using. Yields 2 cups

Rice Vinegar and Sesame Vinaigrette

½ cup unseasoned rice vinegar
2 tablespoons mirin
1 teaspoon toasted sesame oil

2 teaspoons sugar
1 teaspoon finely minced shallot
salt and pepper

Whisk all ingredients until sugar is dissolved. Store covered in refrigerator up to 1 week.

Rice Wine and Sichuan Peppercorn Vinaigrette

¼ teaspoon red chile flakes, toasted	2 teaspoons brown sugar
½ teaspoon Sichuan peppercorn, toasted, ground	1 teaspoon Asian hot sesame oil
5 tablespoons unseasoned rice vinegar	2 tablespoons olive oil
½ teaspoon sea salt	

Place red chile flakes, Sichuan peppercorns, rice vinegar, salt, and brown sugar in a bowl and whisk until the salt and brown sugar is dissolved. Slowly whisk in the hot sesame oil and the olive oil. Adjust the seasoning with salt if needed.

Southwestern Vinaigrette

½ cup extra light olive oil	¼ teaspoon black pepper
¼ cup white or rice wine vinegar	¼ teaspoon cilantro
1 tablespoon lemon juice	¼ teaspoon garlic powder
1 teaspoon mustard powder	¼ teaspoon cumin
½ teaspoon oregano	

Shake, chill and serve.

Spicy Thai Vinaigrette

1 clove finely chopped garlic	1 teaspoon soy sauce
¼ teaspoon finely chopped fresh ginger	¼ cup olive or vegetable oil
3 tablespoons rice vinegar	½ teaspoon sesame oil
1 teaspoon brown sugar	¼ teaspoon red pepper flakes or chili oil

Combine all ingredients and mix well. Pour over mixed lettuces, toss and serve. Optional additions: chopped red onions, mandarin oranges or sliced jicama.

Tequila Lime Vinaigrette

2 ounces lime juice	½ bunch cilantro leaves
2 ounces rice wine vinegar	salt and pepper to taste
1 ounce tequila	1½ cups olive oil

In a food processor, combine all ingredients except oil until blended. With the motor running, add oil in a slow, continuous stream. Blend for another minute to completely emulsify.

Thai Vinaigrette

1 tablespoon red curry paste
2 tablespoons fresh lemon juice
1-2 shallots, peeled and chopped
½ cup mild olive oil, or safflower oil

Place all ingredients except oil in a blender. Blend for a few seconds on high, then add oil in a continuous stream while blender is running. Once sauce is smooth, serve with seafood.

Wasabi Tobiko Vinaigrette

½ tablespoon Dijon mustard	1 tablespoon wasabi tobiko
½ tablespoon rice wine vinegar	salt; to taste
¼ cup canola oil	freshly-ground black pepper to taste

Mix all ingredients together. This should not be emulsified, but instead is best served as a broken vinaigrette. Check for seasoning.

Toasted Sesame Seed Vinaigrette

⅓ cup shallots	¾ teaspoon sugar
½ teaspoon sesame seed	¾ tablespoon dry mustard, or 1 ½ tablespoons Creole mustard
1 tablespoon champagne vinegar	¼ cup canola oil
1 tablespoon rice wine vinegar	¼ teaspoon sesame oil
½ teaspoon salt	

Simmer shallots in water until just tender, about 10 minutes. Drain and place in a blender. Meanwhile, toast sesame in a small skillet until light brown and fragrant. In a mixing bowl, combine vinegars, mustard, salt and sugar. Stir lightly to dissolve most of the sugar. Add vinegar mixture to the blender and purée. While blender is running, add both oils slowly and continue blending until mixture emulsifies. Add sesame seeds and blend for another minute or two. Strain if desired, season to taste and serve.

Walnut Vinaigrette

¾ cup walnut pieces	1 tablespoon minced shallots
3 tablespoons rice wine vinegar	½ cup walnut oil
1 tablespoon honey	salt and pepper

Place walnuts on a baking sheet and roast until golden, about 5 minutes or so. Remove from oven and place in a medium mixing bowl. Add vinegar, honey and shallots to the warm nuts. Let mixture stand for a minute or two. Slowly whisk in the oil, then whisk until emulsified. Season to taste.

Oil-Free Vinaigrettes

I know what you're thinking. How can you possibly have a great-tasting, quality vinaigrette without oil? Well, I'll tell you! You leave out the oil.

No, wait! Come back! I was only kidding. Well, partly kidding, anyways. Of course, you have to leave the oil out. Question is, what do you replace it with? Time for a food chemistry lesson, *a la* Alton Brown.

Oil serves several purposes in a dressing. First, there's calories. We'll pass on that one here; the major reason for considering oil-free dressings is to reduce calories anyway. Next, there's "mouth feel." Oil provides a silkiness and warmth all its own. We either have to live without these sensations, or replace them. Oils provide flavor, of course, and they pick up flavors from herbs, spices and other ingredients and deliver them smoothly to the tongue's taste buds. Olive oil also provides a balance to the vinegar's sharpness.

So as you can see, oil (especially a good, extra-virgin olive oil) is essential in many respects for a great vinaigrette. So how can we provide some or all of these benefits and avoid the one difficulty of oil, namely its fat calories? Solve this and you'll be seen as a savior of all mankind, maybe even earning sainthood.

Okay, maybe that's a bit much to ask. However, the problem only appears difficult on its surface. Yes, there's probably not any one ingredient that can substitute directly for vinaigrette's oil, or we would already use it regularly. The problem is to find several ingredients that will work together to provide some or all of oil's positive characteristics.

Would you believe it if I told you I've solved this problem, once and for all? Well, you don't have to believe me! You could look it up yourself on the Internet, if you knew where to look. However, your search is over: Here's a sampling of oil-free dressings (maybe vinaigrette is not the right word anymore) that are tasty, easy to make, and low-calorie. And for some folks, those who need a very low-fat diet, they're indispensable for delivering flavor to salads and marinades.

There's a small problem, though, hardly worth mentioning. There isn't one simple, fool-proof recipe for oil-free vinaigrettes. Some of the recipes that follow use gelatin or pectin to provide some of the "mouth feel" we expect in a dressing. These emulsifiers also replace other ingredients we've seen often, such as mustard. Also, most oil-free dressings are sweet. Apparently, making a savory dressing without oil is more difficult; this is possibly due to the flavor delivery power of oil.

With that in mind, here are some recipes. Experiment with various ingredients, and enjoy!

Oil-Free Raspberry Vinaigrette

1 teaspoon unflavored gelatin	¼ cup raspberry vinegar
¾ cup cold water	1 tablespoon brown sugar
¼ cup lemon juice	1 teaspoon minced garlic
1 cup boiling water	¼ teaspoon pepper

Sprinkle gelatin over cold water and lemon juice in blender. Let stand 2 minutes. Add boiling water and process on low until gelatin is dissolved, about 2 minutes. Combine vinegar and sugar. Mix well. Add vinegar and sugar and the remaining ingredients to the gelatin and refrigerate for 2 hours. Stir before serving. Good for 50 days, covered and refrigerated.

Oil-Free Zesty Citrus Vinaigrette

2 tablespoons powdered fruit pectin
1 teaspoon sugar
2 tablespoons chopped fresh parsley
¼ teaspoon salt
1 teaspoon chopped fresh oregano

¼ teaspoon ground red pepper (cayenne)
½ cup water
1 tablespoon frozen orange juice concentrate
1 tablespoon white wine vinegar
1 clove garlic, minced

Combine all ingredients in small jar with tight-fitting lid; shake to blend well. Refrigerate for 30 minutes before serving.

Oil-Free Honey-Lime Vinaigrette

⅓ cup fresh lime juice
4 teaspoons honey
1 tablespoon rice vinegar
⅛ teaspoon salt

In a small bowl, use a wire whisk or fork to mix all ingredients. (Why not try lemon juice as an alternate for the lime juice?)

Oil-Free Spicy Thai Vinaigrette

2 stalks lemon grass, chopped roughly
6 Kaffir lime leaves
1 head of garlic, cut in half
1 tablespoon red chili paste
2 tablespoons fish sauce
1 cup lemon juice

1 cup rice wine vinegar
½ cup sugar
½ tablespoon cornstarch
2 tablespoons water
1 bunch cilantro, leaves only, chopped roughly

Combine first 8 ingredients in a saucepan; bring to a boil, reduce heat and simmer for 15 minutes. Strain. Return to saucepan. Dissolve cornstarch in water. Blend in cornstarch mixture, stirring until slightly thickened, 1 to 2 minutes. Cool completely, then stir in cilantro. Refrigerate for 1 hour to let flavors meld.

Oil-Free Roasted Red Pepper Vinaigrette

¼ cup apple juice
¼ cup cider vinegar
2 tablespoons white onion
1 clove garlic, pressed
pinches of dried rosemary and thyme

½ teaspoon dried whole oregano
½ teaspoon dry mustard powder
½ teaspoon paprika
½ roasted red bell pepper

Place all ingredients in a blender. Blend thoroughly, salt to taste, and chill overnight.

Oil-Free Balsamic Vinaigrette

1¼ teaspoon salt
¼ teaspoon dry mustard
4 to 5 cloves garlic, minced
½ cup balsamic vinegar

¼ cup lemon juice
¾ cup water
¼ teaspoon guar gum

Combine all ingredients in a jar and shake well. (It's best if made a day ahead to allow the guar gum to thicken the dressing slightly.) Keep refrigerated, and shake well before each use. Use within two weeks. For a creamier alternative, combine all ingredients in a blender, and blend on high speed until well combined and smooth. Transfer to a bottle or jar.

Oil-Free Raspberry Mustard Vinaigrette Dressing

½ cup raspberry vinegar
1 tablespoon Dijon mustard
4 teaspoons sugar

2 garlic cloves, finely chopped
2 teaspoons Worcestershire sauce
¼ teaspoon each salt and pepper

Combine all the ingredients and mix well. Refrigerate in a container with a tight fitting lid.

Kristi's Oil-Free Banana Vinaigrette

1 ripe banana
½ cup water
2 tablespoons apple cider vinegar

1 tablespoon sweetener of your choice
1 tablespoon herb seasoning (Ms Dash is good)
¼ teaspoon salt

Place all ingredients in a blender and blend on high for 1 minute, or until smooth.

Oil-Free Tomato Vinaigrette

½ cup chopped tomatoes
2 tablespoons white wine vinegar
½ teaspoon dried basil

½ teaspoon dried thyme
½ teaspoon ground mustard

In a blender or small food processor, blend or process the tomatoes, vinegar, basil, thyme, and mustard on medium to high speed, about 25 seconds or until well combined. To store, transfer to a jar with a tight-fitting cover and refrigerate for up to 2 days. Shake well before serving.

Oil-Free Orange Vinaigrette

¼ cup orange juice
2 tablespoons balsamic vinegar
1 tablespoon Dijon mustard

2 teaspoons honey
⅛ teaspoon cracked black pepper

In a small jar with a tight-fitting cover, combine the orange juice, vinegar, mustard, honey and pepper. Cover and shake well until combined. To store, refrigerate for up to one week. Shake well before serving.