



Karen McElroy

NATUROPATH & MEDICAL HERBALIST

Basic Vinaigrette

Commercial salad dressings are generally not the most healthy thing you can buy! Unfortunately they are often full of synthetic ingredients that keep the dressing in a homogenized form – because oil and vinegar generally don't mix!

Making your own salad dressings is so easy and super yummy! I urge you to give it a go. I normally make up a bottle and keep it in the fridge. It is a good idea to try and remember to pull it out of the fridge 10-15 mins before needing it to allow time for the olive oil to melt and soften and allow for easy mixing – aka shaking.

Always remember that with vinaigrettes and dressings, the magic ratio of oil to vinegar/acid is always about 3 to 1. As long as you know that, you can experiment with making up different flavored dressings and you won't need to consult a dressing recipe ever again! For example you can try hazelnut or walnut oils or using lime juice. I like to use my herbal apple cider vinegar as the base (see other recipe sheet).

Ingredients

- 75mls vinegar (your choice of vinegar or you can even use a mixture of red wine, balsamic, apple cider)
- 50ml lemon or orange juice
- 200mls extra virgin olive oil
- 50mls cold pressed flaxseed oil
- 1 teaspoon of Dijon or seeded mustard
- 1 teaspoon of honey or maple syrup
- 1 clove garlic crushed and chopped

Method

Mix all ingredients in glass jar or bottle and shake vigorously. Taste and adjust seasoning if required – you can add a little more mustard or honey if you want to vary the acidity/sweetness. Keep in fridge and emulsify by mixing well & shaking bottle before use.

