

Demystifying Dressings

Early Summer Edition

You say tomatoe, I say tomato... you say balsamic, I say NO WAY. What's our point, you ask? Everyone has different tastes and so when you're making dressing, there are no hard and fast rules.

If you hate balsamic vinegar, try red wine vinegar. If you love avocado oil, swap it for olive oil. Consider salad dressing recipes to be less like equations and more like art class. Be flexible and don't stress.

Try small amounts of herbs or seasonings, even if you don't think you like them, and you may find they add just the right "something". Anchovy paste is a great example of a little something that many say "EWW!" to but it's a common ingredient in many dressings and sauces. Same with a dash of hot sauce - Trust us, try it out.

The basic formula

3 PARTS OIL

olive oil
avocado oil
walnut oil
grape seed oil
sesame oil
vegetable oil
peanut oil

2 PARTS VINEGAR

apple cider vinegar
balsamic vinegar
sherry vinegar
red wine vinegar
rice vinegar
champagne vinegar
flavored vinegar
lemon or lime juice

1+ PART FLAVOR

honey
jam/preserves
maple syrup
basil
soy sauce
anchovy paste
shallots
horseradish
berries
garlic/garlic scapes
cilantro
hot sauce
ginger
mustard
romano/parmesan
feta

*{ try 1 alone or mix sweet + savory }
{ or sweet + spicy or savory + spicy }*

Small batch ratio: 3 Tbsp. oil, 2 Tbsp vinegar, 1 Tbsp flavor

Large batch ratio: 1/2 cup oil, 1/4 cup vinegar, 2 Tbsp flavor

SEASON IT

salt & pepper - pretty much always!
herbs + spices as desired

BLEND IT

Depending on ingredients and what you're in the mood for, you can:

- shake it (and store it) in a mason jar
- whisk it in a bowl
- put it in the blender, especially if you want to make it smooth

TWEAK IT

Make it spicier with a dash of hot sauce

Add a layer of flavor with preserves, roasted garlic, sautéed garlic or onions

Make it creamier with yogurt, tahini, mayo, or avocado

Make it thicker with honey or mustard

IDEAS

Olive oil, balsamic vinegar, salt, black pepper plus garlic, dried oregano/dill &/or favorite herbs.
Olive oil, split of white wine vinegar & apple cider vinegar, ¼ cup raspberries, honey
Olive oil, white wine vinegar, dijon mustard, finely chopped shallots, salt, black pepper
Your favorite oil, white wine vinegar, honey, your favorite mustard, salt, black pepper
Olive oil, lime juice (instead of vinegar), fresh cilantro (2 Tbsp to ½ cup depending on your love of it), minced garlic, maple syrup, salt, black pepper
Peanut butter (instead of oil), rice vinegar, maple syrup or honey, soy sauce or tamari, garlic, fresh ginger, water to thin
Olive oil, apple cider vinegar, honey, fresh strawberries, salt, black pepper
Plain yogurt, crumbled blue cheese or feta, garlic, horseradish, lemon juice, salt, black pepper
Olive oil, lemon juice, basil, green onions/chives, salt, black pepper, yogurt optional

TIPS

- We recommend jotting down what you tweak so you can recreate it if you love it!
- For seasoning, start small, blend, taste, add as necessary.
- If it's too thick, add a small amount of water - a little goes a LONG way so start with a spoon at a time.
- Some vinegars are stronger than others, so if it's too tart add more oil, if it's not strong enough, add more vinegar.
- Remember, adjust slowly - you can always add more, but you can't take it away!

Market Shopping List:

** Availability changes as the seasons change so while it's in season, buy it local!*

- Balsamic vinegar - Ariston, Capa di Roma
- Feta - Beltane Farm
- Fruits (June-Oct) - 18th C. Purity Farm, Bluebird Hill Farm, Blueberry Hill Organic, Easy Pickin', Riverview
- Garlic (July-Oct) - 18th C. Purity Farm, Apis Verdi, Blueberry Hill Organics, CT Valley, Oxen Hill, Riverview, Wayne's Organic
- Garlic Scapes* (early June) - Apis Verdi, Wayne's Organic
- Herbs* (varies throughout season) - 18th C. Purity Farm, Apis Verdi, Blueberry Hill Organics, Colgan Farm, CT Valley, Oxen Hill, Riverview, Wayne's Organic
- Honey - Stonewall Apiary
- Hot Sauce - Dragon's Blood Elixers
- Jams/Preserves - Breton Farm, Norm's Best, Woodstock Hill Preserves
- Maple Syrup - Hydeville Sugar Shack
- Olive Oil - Ariston, Capa di Roma
- Scallions (July-Oct) - Apis Verdi, Blueberry Hill Organics, Colgan, CT Valley, Easy Pickin', Wayne's Organic
- Shallots (July-Oct) - 18th C. Purity Farm, Easy Pickin', Riverview, Wayne's Organic



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