

Bill Clinton's Banana Vinaigrette Salad Dressing

By Executive Chef to the President of the
United States, Marti Mongiello



When I found out that Bill loved banana's I decided to make some new salad dressings for him and Hill. Her fave fruit is a Mango, so do you know what kind of dressing I made for the First Lady? Be sure to see that one also, it tastes terrific.

And that's important when cooking for two attorneys'. The kind chef is considerate of each other's feelings. Don't go making something for Daddy and not have something for momma!

When the Doctor's told me he also needed a bit more potassium each day, it was game on for banana heaven. I still hold the world record for the most bananas ever served to Bill, eight in one day. How did I do it? Banana oatmeal begins by smashing bananas into the hot water and then slicing a few into the finished oatmeal. A couple of bananas during the day and then, "suddenly one summer," (The Motels) the chef brings out at dinner a new, "Banana Vinaigrette." I served Hill's Mango Vinaigrette first and the President jokingly asked me an intimidating question (see that on Hill's recipe). I love the Clinton's along with Chelsea and the whole family, as I do any family I am serving. Focusing on their individual likes makes people happy with a surprise recipe named after them! Photo credits White House and Martin CJ Mongiello.

A few bananas (two or three) depending on size, peeled
(more/less)

3 T warmed honey

Cara Cara Orange Vanilla White Balsamic Vinegar

White Pepper to taste

1 C Blond Miso paste stock made with warm water for thinning

Dried Garlic to taste

Use an immersion blender to blend. Depending on how ripe, and how large they are, one more banana may be needed, or one less. You can use fake or real salt to taste or olive oil. But generally, I never served him any oil unless it was in a spray can and very, very sparingly. This is a perfect example of heart healthy cookery taught to me by Doctor Dean Ornish!