

Oil & Vinegar Salad Dressing Recipe: A Basic Template

Ingredients:

- 3/4 cup salad oil
- 1/4 cup white wine vinegar
- Kosher salt and ground white pepper (or freshly ground black pepper), to taste

Directions:

1. Place all the ingredients in a glass jar.
2. Tighten the lid.
3. Shake vigorously for about 10 seconds or until fully combined.
4. Let stand for 30 minutes at room temperature to let the flavors meld.
5. Give the dressing a good whisk immediately before serving.

NOTES:

A teaspoon of honey or mustard will not only add flavor, it will also help stabilize the emulsion, so the dressing will not separate as quickly. A squeeze of citrus, like lemon, lime orange (try blood orange sometime) is also a nice addition. Just be sure to taste and adjust as you go. A good way to taste is by dipping a piece of lettuce, rather than tasting the dressing on its own.

Kosher salt and freshly ground black pepper are the best. Those little boxes of ground pepper are 90 percent stale before you even get them home.

This recipe calls for salad oil, which means anything from safflower oil to canola oil to soybean oil. You could of course use something with a bit more of a distinctive flavor, such as walnut oil or avocado oil or olive oil. Grapeseed oil is lovely if you can afford it.

The same goes for your vinegars. White wine vinegar is perfectly adequate, and red wine vinegar is even nicer. Balsamic is terrific and will take you in a whole different direction. The only thing you should stay entirely away from is plain distilled white vinegar, which is good for household cleaning but not so much for salad dressings.”

Other goodies can be added too: crumbled cheese, finely chopped hardboiled egg, soy sauce, maple syrup, and on and on; and on!

Serves: 4 servings (2 oz each)

Source: The Spruce, Danilo Alfaro