



Helen Corbitt's Famous Poppy Seed Dressing

Ingredients:

- 1 cup granulated sugar
- 1/2 cup apple cider vinegar
- 1 teaspoon dry mustard
- 1 teaspoon salt
- 1/2 cup vegetable oil
- 1 tablespoon poppy seeds

The Technique:

1. In a medium bowl, whisk together sugar, vinegar, dry mustard, and salt until sugar completely dissolves. This wasn't just mixing - it was an art form.
2. Slowly stream in vegetable oil while whisking continuously. Corbitt believed emulsification was about patience, not speed - a lesson that applies as much to cooking as to business.
3. Stir in poppy seeds, watching them dance through the dressing like tiny black pearls.
4. Transfer to a glass jar with a tight-fitting lid - Corbitt was as much about presentation as taste.

5. Refrigerate for at least 1 hour, allowing flavors to meld and develop - another metaphor for how the best things in life require time and patience.

Serving Suggestions:

- Drizzle over a crisp mixed green salad
- Transform a simple fruit salad into a gourmet experience
- Particularly magical with a spinach and strawberry salad
- Surprisingly versatile as a light marinade for chicken

Pro Chef's Tip: Shake well before each use. Separation isn't a flaw - it's a sign of authenticity, just like in business and in life.