

DRESSING IDEAS

– ADD INGREDIENTS TO A JAR,
SECURE TIGHTLY WITH A LID AND SHAKE VIGOROUSLY,
TASTE AND SEASON.

WILL KEEP FOR A COUPLE OF WEEKS IN THE FRIDGE.
IF THE DRESSING TASTES TOO STRONG ADD A SPLASH OF WATER AND SHAKE ONCE
AGAIN.

LEMON DRESSING

8 TBSP OF EXTRA VIRGIN OLIVE OIL
JUICE OF A LEMON
PINCH OF SALT

VINEGAR DRESSING

(USE RED WINE, WHITE WINE, CIDER, BALSAMIC)
8 TBS OF EXTRA VIRGIN OLIVE OIL
3 TBSP OF YOUR CHOICE OF VINEGAR
PINCH OF SALT AND BLACK PEPPER

FRENCH DRESSING

8TBS EXTRA VIRGIN OLIVE OIL
½ CLOVE OF CRUSHED GARLIC
PINCH OF SALT
½ TEASPOON OF DIJON MUSTARD
2 TBSP OF WHITE WINE OR CIDER VINEGAR

HONEY AND MUSTARD DRESSING

8 TBSP OF EXTRA VIRGIN OLIVE OIL
PINCH OF SALT
1 TSP OF ENGLISH MUSTARD
1 TBSP RUNNY HONEY

SOY AND CHILLI DRESSING

8TBSP OF GROUND NUT OR GOOD SUNFLOWER OIL
1TBSP OF SOY
1 CHOPPED CHILLI
1-2CM PIECE OF GINGER (FINELY GRATED)
1 TSP OF HONEY
JUICE OF A LIME

enjoy