

# The Ultimate Guide to Vinaigrette

The best-tasting dressings have just the right balance of ingredients. Follow this guide to build your own creative combinations.

## The Formula

Adjust these amounts to suit your serving needs. Dip in salad ingredients to taste, as they may influence the oil-acid ratio.



## Ingredient List

Experiment with these oils, acids, emulsifiers (ingredients that help mix oil and vinegar together) and flavourings.



### Oils

- olive
- canola
- walnut
- hazelnut
- almond
- sunflower
- sesame
- egg yolk\*



### Acids

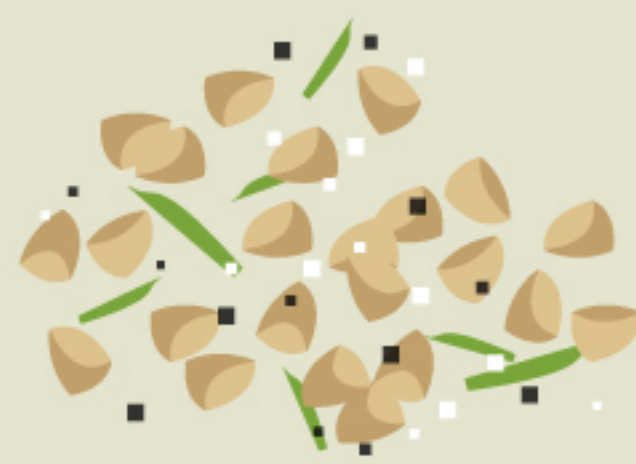
- citrus juice
- wine vinegar
- balsamic vinegar
- sherry vinegar
- apple cider vinegar
- rice vinegar
- pickle juice

Note: White and malt are the only vinegars that are too harsh to make a balanced vinaigrette.



### Emulsifiers

- mustard
- honey
- tahini
- nut butter
- miso
- mayonnaise
- egg yolk\*
- sour cream
- yogourt
- buttermilk
- kefir



### Flavourings

- dried herbs or spices
- chopped fresh herbs
- tomato juice, paste or sauce
- fruit juice or purée
- alcohol: tequila, rum, wine, beer
- grated Parmesan cheese
- finely chopped nuts
- Worcestershire sauce
- hot sauce
- grated horseradish
- capers
- finely chopped hard-boiled egg

## A World of Flavour

Vinaigrette can take a salad to any corner of the world! Here are a few classic combos to get you started.



### French

olive oil + wine or champagne vinegar + Dijon + tarragon



### Canadian

canola oil + apple cider vinegar + mustard + maple syrup



### Italian

olive oil + balsamic vinegar + egg yolk\* + basil



### Mexican

vegetable oil + lime juice + sour cream + cilantro + hot sauce



### Greek

olive oil + lemon juice + yogourt + oregano



### Japanese

vegetable oil + sesame oil + rice vinegar + miso + ginger + wasabi



### Middle Eastern

olive oil + lemon juice + tahini + lemon thyme



### Asian

vegetable oil + sesame oil + rice vinegar + coriander + ginger

## 3 Simple Ways to Mix It Up



### One Bowl

Whisk ingredients in large salad bowl, add greens and toss to coat.



### Two Bowls

Whisk ingredients in small bowl, pour over salad in large bowl and toss to coat.



### Jar

Add ingredients to jar, screw lid on tight and shake vigorously until dressing mixes together.

\* Eating raw or lightly cooked eggs can be especially risky for young children, the elderly, pregnant women and people with weakened immune systems. Use pasteurized egg products instead of raw eggs when preparing foods that aren't heated (such as icing, eggnog or caesar salad dressing).

## Essential Tips

1

Try mixing ingredients within each category: Blend sunflower and sesame oil for an Asian-inspired flavour or combine honey and mustard as the emulsifier.

2

You may not want to use an emulsifier with high-quality oils and acids. Simply whisk the two ingredients and add a pinch of salt to enhance the flavours.

3

Think about your salad ingredients when creating a vinaigrette. For instance, walnut and hazelnut oils go well with roasted beets, while lemon pairs nicely with lentils and chickpeas.

4

Choose any oil that is liquid at room temperature, such as vegetable, olive, canola, nut or seed oils, or egg yolk\*. The acid can be any sort of acidic liquid: your favourite vinegar or citrus juice, or even pickle juice. Strong-flavoured ingredients can overpower a dressing, so use them sparingly.

5

Oil and vinegar don't mix until you add an emulsifier, which helps them blend together. Some emulsifiers, such as sour cream and mayonnaise, transform a light vinaigrette into a creamy-style dressing.

6

Always refrigerate unused portions of vinaigrette.