



# THE GENOMIC KITCHEN

Homemade  
Vinaigrettes &  
Dressings

## 9 Homemade Vinaigrettes & Dressings

*Vinaigrettes and dressings (we use the terms interchangeably) are a wonderful and simple way to add flavor and nourishment to the meals you make.*

Beyond their traditional role in salads, you can use them to marinate proteins, as a flavor component for stir fries, a light enhancement to steamed or roasted vegetables and even as a light dipping sauce for raw vegetables.

The beauty of making your own dressing is having the choice to use the freshest ingredients and mixing them up in interesting ways. Dressings also provide an easy way to add health supporting (and gene talking) herbs and spices, giving your body more good food “information” to work with. Once you make your own dressings, it’s hard to think of reaching for store-bought versions which frequently contain additives and stabilizers.

A classic vinaigrette is a basic type of dressing that combines oil and vinegar, usually with a ratio of three parts oil, to one-part vinegar. If you want to use less oil then a two-part oil, to one-part vinegar

ratio is perfect and packs a nice vinegar punch. You can also thin out the vinaigrette with water if you wish.

### Ingredient Choice

There are many different oils to use from and substitutions can be made in every recipe. **Extra-virgin olive oil** is a top choice for homemade dressing, but you can also choose avocado oil as a change. Walnut or hazelnut oil and beautiful pungency to salad dressings as does toasted sesame oil which adds those delightful nuances to Asian inspired dishes.

Vinegars vary in acidity and flavor, and there are many fantastic choices like **champagne, balsamic, red wine, sherry, apple cider, rice wine and white vinegar**. Citrus such as **fresh lemons, oranges or limes**, can be a great addition or substitution for a vinegar. That being said, a vinaigrette always has vinegar in it!





### Getting the Flavor Right for You!

The best way to taste your homemade dressing is to dip in a lettuce leaf and take a bite. Then you can adjust the seasoning however you wish. You'll need to whisk your dressing vigorously for the ingredients to combine or emulsify. You can also shake vinaigrette style dressings in a glass jar! Once you have whisked your ingredients together, you'll soon realize that the dressing only stays together for a short time before the oil and vinegar separate. Then you need to whisk again.

Ingredients like ***mustard, honey, maple syrup, mayonnaise and miso***

act as an emulsifier and help the ingredients stay blended. An alternate to whisking a dressing by hand, is to use a blender or food processor which helps create a smooth, creamy dressing.

### Enhancing the Flavor

***Garlic and shallots*** can be a great addition to a dressing both for flavor and as an emulsifier. A tip about using garlic: blanch it in boiling water for a minute to reduce the sharpness. You can also make a paste by combining the garlic clove with a pinch of salt. Using the flat end of a chef's knife or mortar and pestle, mash

the cloves together with the salt, working until a smooth paste forms. You can also reduce the "bite" of shallots or red onions by steeping them in a little vinegar for about 15 minutes then drain and use them in your vinaigrette or dressing.

### Let's Get Busy

Here are a few dressings and vinaigrettes to get you started. Each of the recipes can be adjusted to your taste. The dressing can be personalized by adding more oil, acid, salt or

sweetness. Add in seasonal fresh herbs when they are available. Your homemade dressings and vinaigrettes should be tightly covered and will last in the refrigerator for up to a week, depending on the ingredients. Don't

forget that dressings can also double as a marinade for meat, seafood and vegetables. One final tip: be sure to dress your salad right before serving to get the most flavor and to keep the ingredients nice and crisp. After all, who wants a soggy salad!





### Just A Simple Vinaigrette

- ¼ cup red wine vinegar
- ½ cup extra-virgin olive oil
- 1 teaspoon maple syrup or honey
- 1 garlic clove, finely minced
- Kosher or sea salt, to taste
- Freshly ground black pepper, to taste

Combine all the ingredients in a medium bowl and whisk well to combine. Adjust the seasoning. The dressing can be stored in the refrigerator for up to a week. Serve with greens, use as a marinade for meat or drizzled over roasted vegetables.



### Red Wine Vinaigrette

- ¼ cup red wine vinegar
- ¼ cup extra-virgin olive oil
- 1 teaspoon Dijon mustard
- 1 teaspoon honey
- 2 teaspoon fresh squeezed orange juice
- 1-2 tablespoons chopped fresh herbs such as basil, thyme, rosemary or chives
- Kosher or sea salt, to taste
- Freshly ground black pepper, to taste

Combine all the ingredients in a medium bowl and whisk well to combine. Adjust the seasoning. Store in the refrigerator for up to a week. Serve with greens or use as a marinade for meat or drizzled over roasted vegetables.



### Tangy Mustard Vinaigrette

- 2 tablespoons champagne vinegar (or apple cider vinegar)
- ½ cup extra-virgin olive oil
- 1 tablespoon Dijon mustard (or coarse grain mustard)
- 1 teaspoon honey
- 1 garlic clove, finely minced
- 1 tablespoon fresh parsley, finely chopped
- Kosher or sea salt, to taste
- Freshly ground black pepper, to taste

Combine all the ingredients in a medium bowl and whisk well to combine. Adjust the seasoning. Store in the refrigerator for up to a week. Serve with greens or as a marinade for meat or drizzled over steamed vegetables.



### Caper and Olive Vinaigrette

- 3-4 tablespoons red wine vinegar
- ¼ cup extra-virgin olive oil
- 1 teaspoon anchovy paste (or chopped anchovy fillets)
- 1 tablespoon capers, rinsed
- 4 olives, pitted
- 1 garlic clove, finely minced
- Kosher or sea salt, to taste
- Freshly ground black pepper, to taste

Combine all the ingredients in a bowl of a food processor or blender. Blend the ingredients for a minute or until almost smooth. Adjust the seasoning. The dressing can be stored in the refrigerator for up to 5 days. Serve with greens, drizzled over steamed vegetables or as a marinade for seafood.





### Fresh Tomato Vinaigrette

- ½ cup seeded and diced plum tomatoes or diced cherry tomatoes
- ¼ cup balsamic vinegar
- ½ cup extra-virgin olive oil
- 1 shallot, finely minced
- 1 heaping tablespoon fresh basil leaves, finely chopped
- Kosher or sea salt, to taste
- Freshly ground black pepper, to taste

Combine all the ingredients in a medium bowl and whisk well to combine. Adjust the seasoning. The dressing can be stored in the refrigerator for up to a week. Serve with greens or drizzled over steamed vegetables.



### Creamy Tahini Dressing

- ¼ cup tahini (ground sesame paste)
- ¼ cup extra-virgin olive oil
- 3-4 tablespoons fresh lemon juice
- 2 teaspoons maple syrup (or honey), or to taste
- 1 teaspoon ground turmeric
- Kosher or sea salt, to taste
- Freshly ground black pepper, to taste
- 2-3 tablespoons ice cold water

Combine the tahini, olive oil, lemon juice, maple syrup, turmeric, salt and pepper in the bowl of a small 2-cup food processor or blender. Blend the ingredients until almost smooth. Add the water, one tablespoon at a time if the dressing is too thick. Add more if you want a thinner dressing. Adjust the seasoning. The dressing can be stored in the refrigerator for up to a week. Serve with greens, as a dip, or drizzled over steamed vegetables.



## Sesame Ginger Miso Dressing

- ½ cup rice vinegar
- 4 tablespoons toasted sesame oil
- 3 tablespoons freshly squeezed lime juice
- 3 tablespoons white miso paste
- 1 tablespoon honey or maple syrup
- 1 teaspoon ginger root, finely grated
- 1 clove garlic, finely minced
- Pinch of Kosher salt or sea salt

Combine all the ingredients in a medium bowl and whisk well to combine. Adjust the seasoning, either more miso paste or a pinch or a pinch of salt. Store in the refrigerator for up to a week. Serve with a stir fry, greens or noodle salads, slaws, grain bowls or drizzled over steamed vegetables.



## Green Goddess Dressing

- ½ cup good quality mayonnaise
- ½ avocado
- 2 tablespoons white vinegar
- Zest of a lemon (about 1 teaspoon)
- Juice of a lemon (about ¼ cup)
- ½ cup fresh spinach leaves
- ½ cup watercress
- 1 tablespoon chives
- 3 tablespoons fresh tarragon
- 6-8 fresh basil leaves
- Kosher or sea salt, to taste
- Freshly ground black pepper, to taste

Combine all the ingredients in a bowl of a food processor or blender. Blend the ingredients for a minute or until smooth and flecks of the green herbs remain. Adjust the seasoning. The dressing can be stored in the refrigerator for up to a week. Serve with greens or as a dip for vegetables.



### Citrus Caesar Salad Dressing

- 1 tablespoon grated lemon zest
- 3 tablespoons fresh lemon juice
- $\frac{2}{3}$  cup extra-virgin olive oil
- 1 tablespoon white vinegar
- 1 garlic clove, finely minced
- 1-2 tablespoons \*anchovy paste or chopped anchovy fillets
- 2 tablespoons freshly grated parmesan cheese (optional)
- Kosher or sea salt, to taste
- Freshly ground black pepper, to taste

\* You can also use capers instead of anchovies if you prefer

Combine all the ingredients in a medium bowl and whisk well to combine. This dressing can be made in a food processor or blender as well. Adjust the seasoning. Store in the refrigerator for up to a week. Serve with greens or as a marinade for meat, seafood or drizzled over grilled vegetables.