

## Simple Vinaigrette

The usual ratio is 1 part vinegar to 3 parts oil, but I prefer 1 part vinegar to 2 parts oil. The important thing is to play around until you find *your favorite* ratio.

- **1 large spoon Red Wine Vinegar**
  - Any red wine vinegar will do, but if you can find unpasteurized red wine vinegar, it will have more flavor
    - Plus, since it contains the mother, you can use it to make your own vinegar. Just add wine (I use red wine, whatever remnants we have) and let it sit a few months. Taste it periodically.
  - Sherry Wine Vinegar is also exceptionally good
- **2 large spoons Extra Virgin Olive Oil**
  - When you buy olive oil, check to see if there is a harvest date. Olive oil is good for you. You get the most nutritional value in the year after harvest

\*\*\*

Put a little **salt** in a bowl

I recommend unrefined coarse grey salt because it has a high mineral content, but any salt will do; you can also add pepper

Add **1 large spoon Red Wine Vinegar**

Plus a little **Dijon mustard (Maille, Amora, Edmond Fallot, Grey Poupon)**

Stir it and let sit a few minutes

**Optional, classic additions, to add to the vinegar, salt, mustard:**

- **Garlic:**

- Either as a clove you let sit in vinegar for gentle flavor
- Or pounded to a paste in mortar / grated in a suribachi for a stronger flavor
- You can also mince it or microplane it

- **Shallot**

- Sliced thinly; if your shallot is very large, use a quarter of half

The vinegar will soften the garlic and shallot flavor; *you can use either alone/or both garlic and shallot together*

I usually let this sit 5 or so minutes, while I prepare something else. It can also sit longer. When you are ready for the salad, add the olive oil

**2 large spoons Extra Virgin Olive Oil, or 3 if you prefer**

Use your fork to mix and emulsify the ingredients

- If you are dressing something hearty, like carrots, lentils, beets, potatoes, etc. you want to add the dressing before you serve, so the flavors have time to meld.
- For lettuce, it is best to do it just before serving

Voila!

Once you have the proportions, the variations are endless. You can mix and match the vinegars (a touch of apple cider, white

wine vinegar, balsamic), add a little lemon, put a touch of soy sauce, etc.

And for the salads, the same is true

- I like super greens for their taste and nutritional value, but variation is also important, so I alternate with romaine, radicchio, red leaf lettuce, etc.
- **Favorite additions:**
  - Tomatoes, particularly the Kumato variety
  - Cucumber
  - Avocado
  - Thinly sliced Brussel sprouts
  - Roasted sweet potatoes (cut sweet potatoes, put a little olive oil and salt and roast at 400 for about 15-20 minutes)
  - Mushrooms, thinly sliced
  - Sliced apples
  - Walnuts, almond slivers, pistachios dry roasted in a pan right before adding to salad
  - Croutons (homemade with good left-over bread)
  - Herbs: Anything you have on hand / enjoy; my mother's favorite was Tarragon; it's harder to find but wonderful
  - Any combination that pleases you and makes you eat more salad!

## **Grated Carrot Salad**

Grate carrots—If I am making a small amount, I will use my box grater; for larger quantities, Kitchen Aid has grater attachments

- Add vinaigrette

- Carrot salad is also wonderful with lemon instead of the red wine vinegar
- Chop parsley (or any herb you like) and add to salad

### **French Green lentil Salad (Le Puy Green Lentils)**

- Cover the lentils with water (approximately 3 inches over top)
- Add a bay leaf and half an onion if you have them
- Boil and reduce to simmer for 25-35 minutes
- Once the lentils are cooked through, they have a nice bite but aren't mushy, drain (remove bay leaf and onion)
- Dress with vinaigrette (I like it with shallots, using the whole shallot)
- Or sauté some of the shallot with chopped carrots and celery
- Add chopped parsley
- You can also add roasted, chopped walnuts/feta or goat cheese
- Taste for salt

Dress the lentils and let them sit at room temperature, at least 15-20 minutes. Taste again before serving