

BASIC SALAD DRESSINGS

LEMON AND OLIVE OIL

1/2 CUP OF EXTRA VIRGIN OLIVE OIL
JUICE OF 1/2 A LEMON
SALT AND FRESHLY GROUND PEPPER
FRESH HERBS: CHIVES, PARSLEY, CHERVIL, BASIL, TARRAGON

GRIND ABOUT 1/2 TSP OF BLACK PEPPER INTO YOUR SALAD BOWL. ADD ABOUT 1/2 TSP OF SEA SALT.

POUR IN THE LEMON JUICE AND WHISK TILL THE SALT AND PEPPER ARE DISSOLVED. GRADUALLY, POUR IN THE OLIVE OIL, WHISKING VIGOROUSLY, SO THE MIXTURE THICKENS TO THE CONSISTENCY OF HEAVY CREAM.

WASH THE SALAD GREENS IN COLD WATER. DRY THOROUGHLY IN A SALAD SPINNER AND ROLL GENTLY IN A TEA TOWEL. REFRIGERATE.

WHEN YOU'RE READY TO SERVE, PLACE LETTUCE IN THE BOWL AND TOSS WITH THE DRESSING AND WITH WHATEVER COMBINATION OF HERBS YOU LIKE. ADD MORE LEMON JUICE OR OLIVE OIL TO TASTE.

BLUE CHEESE AND OLIVE OIL

1/2 CUP OF A BLUE CHEESE SUCH AS ROQUEFORT, MAYTAG BLUE OR GORGONZOLA
SALT AND FRESHLY GROUND PEPPER
1 SMALL RED ONION
1/2 CUP OF EXTRA VIRGIN OLIVE OIL

BREAK UP THE BLUE CHEESE WITH A FORK AND PUT IN THE SALAD BOWL.

WHISK OIL INTO BLUE CHEESE TILL THE DRESSING IS PARTIALLY CREAMY, BUT STILL HAS SOME SMALL CHUNKS OF BLUE CHEESE. SEASON WITH A LITTLE SALT AND A HEALTHY AMOUNT OF PEPPER.

PEEL AND THINLY SLICE RED ONION. TOSS WITH THE DRESSING. ALLOW TO MACERATE FOR 30 MINUTES BEFORE FINISHING THE SALAD.

ADD GREENS SUCH AS ENDIVE, RADICCHIO OR CHICORY LETTUCE. TOSS AND SERVE.

VINEGAR, SHALLOTS AND WALNUT OR HAZELNUT OIL

1 LARGE SHALLOT
1 TSP OF CHAMPAGNE OR BANYULS VINEGAR
SALT AND PEPPER
1/2 TSP OF DRIED MUSTARD
1/4 CUP OF EITHER WALNUT OR HAZELNUT OIL (L'HUILE DE NOISETTE IN FRENCH)
FRESHLY CHOPPED CHIVES, PARSLEY AND CHERVIL

PEEL AND MINCE THE SHALLOT

ADD A 1/2 TSP OF SALT AND A FEW GRINDINGS OF PEPPER TO THE SALAD BOWL. PUT IN 1/2 TSP OF DRIED MUSTARD. WHISK IN 1 TSP OF VINEGAR.

ADD THE MINCED SHALLOTS.

WHISK IN THE OILS TO A CREAMY CONSISTENCY.

JUST BEFORE SERVING, ADD THE WASHED AND DRIED LETTUCE AND TOSS TOGETHER WITH CHOPPED HERBS.

THIS IS A NICE DRESSING FOR BUTTER LETTUCE OR LITTLE GEMS.

PARMESAN CHEESE, GARLIC AND OLIVE OIL

1 CLOVE OF GARLIC
SALT AND PEPPER
JUICE OF 1/2 LEMON
1/2 CUP OF FRESHLY GRATED PARMESAN CHEESE.
FRUITY EXTRA VIRGIN OLIVE OIL
CHIVES

ADD SALT AND PEPPER TO SALAD BOWL

PEEL AND CRUSH GARLIC IN A GARLIC PRESS INTO THE BOWL

WHISK IN LEMON JUICE.

WHISK IN OLIVE OIL.

WHISK IN PARMESAN CHEESE.

TOSS WITH BITTER GREENS SUCH AS ARUGULA, RADICCHIO OR ENDIVE.