

DIRECTORY
SALAD DRESSINGS

2. Vinaigrette
3. Mango Vinaigrette
4. Watermelon Vinaigrette with Honey Roasted Poppy Seed
5. Strawberry Vinaigrette with Fresh Mint
6. Cranberry Vinaigrette
7. Blueberry Vinaigrette
8. Summer Garden Vinaigrette
9. Dill Vinegar Dressing
10. Orange or Tangerine Vinaigrette with Roasted Walnuts
11. Raspberry Vinaigrette
12. Grilled Granny Smith Apple Cider Vinaigrette
13. Blue Cheese
14. Rougfort Port
15. Caesar Dressing
16. Honey Mustard
17. Oriental Sesame Dressing with Fresh Ginger
18. Thousand Island Louis Dressing
19. Mayonnaise, Tomato Basil
20. Mayonnaise Curried
21. "Blackened" Cajun Style Mayonnaise Dressing
22. Potato Salad Dressing
23. Cole Slaw Dressing
24. Hot Bacon Dressing
25. Roasted Chili, Roasted Tomato and Tequila
26. Grilled Pineapple, Toasted Coconut Creamy Dressing
27. Parmesan Pepper Cream
28. French, Creamy French

SALAD DRESSINGS

2. VINAIGRETTE

INGREDIENTS:

Ratio: 1 Part Vinegar to 3 Parts Oil., Mustard

Vinegar: Balsamic or Red Wine

Oil: Olive or Salad

Mustard (Dijon)

Garlic (fine Diced)

Sugar

Salt

White Pepper

Red Pepper (crushed)

Oregano

Basil

Thyme

Parsley

Onion Powder

Lemon Juice

PROCEDURE:

For small batches use a mixing bowl and a whisk. For larger batches use a food processor or an electric mixing bowl. Start with the Mustard; mix the Vinegar and Lemon Juice. Then drizzle in the Oil while whisking to form an emulsion. Mix all dry seasonings together and mix into dressing. Whisk emulsion back together prior to serving.

SALAD DRESSINGS

3. MANGO VINAIGRETTE

INGREDIENTS:

Ratio: 1 Part Vinegar to 3 Parts oil, Mustard

Balsamic Vinegar

Olive Oil (Vinaigrette Base)

Dijon Mustard

Lemon Juice

Mango Salsa:

Mango Juice or Orange Juice

Garlic

Fresh Chopped Cilantro

Diced Mango (ripe)

Diced Tomato

Diced Green Onion

Crushed Red Peppers (try other peppers, such as, Habaneros)

PROCEDURE:

This dressing is basically vinaigrette dressing infused with a Mango Salsa. We leave out the Italian Seasonings from the Vinaigrette to highlight the fresh Cilantro flavor from the salsa.

Nice dressing for a summer salad, try topped with Jamaican Jerk Shredded Chicken or Jerk Shrimp. Garnish salad with fresh Cilantro sprigs and Mango Slices.

SALAD DRESSINGS

4. WATERMELON WITH HONEY AND ROASTED POPPY SEED

INGREDIENTS:

Watermelon (de-seeded)

Honey

Poppy Seeds (toasted)

Ratio: 1 Part Vinegar to 3 Parts Oil, Mustard

Balsamic Vinegar or Red Wine Vinegar

Salad Oil or Canola

Stone Ground Mustard (to form the emulsion)

Sugar (to taste)

Salt (to taste)

Chopped Fresh Spearmint Leaves (optional)

Or Spearmint Extract

Melon Syrup or Midori Liquor (optional)

PROCEDURE:

Make a Vinaigrette Base. De-seed the Watermelon and then run through a food processor and add to Vinaigrette Base. Add Honey (warmed), season, add toasted Poppy Seed. Serve chilled.

Nice summer dressing. Serve with Mesulum Greens or Spinach Leaves.

SALAD DRESSINGS

5. STRAWBERRY VINAIGRETTE WITH FRESH MINT

INGREDIENTS:

Fresh Strawberries (thin sliced & chopped)

Orange zest

Strawberry Syrup (optional)

Chopped Fresh Mint Leaves

Crème De Mint Liquor

Ratio for Vinaigrette Base: 1 Part Vinegar to 3 Parts Oil

Balsamic Vinegar

Salad Oil or Canola Oil

Stone Ground Mustard (to form emulsion)

Sugar

Salt

PROCEDURE:

Make Vinaigrette Base, add chopped Strawberries. Flavor with Strawberry Syrup and Crème De Mint. Add Orange Zest for flavor and color. Add fresh chopped Mint Leaves and Garnish with sliced Strawberries.

*Nice summer dressing. Garnish salad with fresh Mint Leaves and Strawberry slices. Great with Spinach Salad.

SALAD DRESSINGS

6. CRANBERRY VINAIGRETTE

INGREDIENTS:

Fresh Cooked Cranberries (chopped)
Orange Zest
Orange Marmalade (optional)
Cranberry Juice

Ratio for Vinaigrette Base: 1 Part Vinegar to 3 Parts Oil

Balsamic Vinegar or Red Wine Vinegar
Salad Oil or Canola Oil
Stone Ground Mustard

Sugar
Salt

PROCEDURE:

Make Vinaigrette Base. Cook fresh Cranberries in Sugar Water, then course chop and add to the base. Add Marmalade and Cranberry Juice for flavor and color contrast.

* Add Marmalade warm to blend.

Garnish Salad with orange slices and sun dried cranberries.

SALAD DRESSINGS

7. BLUEBERRY VINAIGRETTE

INGREDIENTS:

Blueberries (fresh)
Lemon Zest
Mint Leaves
Blueberry Syrup (optional)

Ratio for Vinaigrette Base: 1 Part Vinegar to 3 Parts Oil

Balsamic Vinegar or Red Wine Vinegar
Salad Oil or Canola Oil
Stone Ground Mustard

Sugar
Salt

PROCEDURE:

Make Vinaigrette Base, run ½ of the Blueberries through a food processor and add Syrup to the base. Season with sugar, Mint Leaves, and Lemon Zest. Fold in the rest of the whole Blueberries.

SALAD DRESSINGS

8. SUMMER GARDEN VINAIGRETTE

INGREDIENTS:

Vinaigrette Base:

Balsamic Vinegar

Olive Oil

Dijon Mustard (for emulsion)

Thyme Leaf

Basil

Oregano

Salt

White Pepper

Sugar

Garlic

Tomato (medium diced)

Cucumber (medium diced)

Onion (medium diced)

Avocado Pulp

Marinara Sauce

PROCEDURE:

Make Vinaigrette Base, season, whisk in Avocado pulp and Marinara. Add diced vegetables.

SALAD DRESSINGS
9. DILL, VINEGAR DRESSINGS
FOR CUCUMBER, TOMATO, AND ONION SALAD

INGREDIENTS:

White Vinegar infused with fresh Dill
Sugar
Salt
Dill Leaf (chopped)
Cracked Black Pepper

PROCEDURE:

Mix the above ingredients together and pour over a bowl of sliced Cucumbers, thin sliced White Onion, and ½ sliced Tomatoes.

Add Mayonnaise and sour cream to make “Creamy” Dill Dressing.

SALAD DRESSINGS

10. ORANGE OR TANGERINE VINAIGRETTE WITH ROASTED WALNUTS

INGREDIENTS:

Walnut pieces (oven roasted)
Oranges (diced, seeds and membrane removed)
Orange Juice
Orange Marmalade
Orange Zest
Honey
White Wine or Sherry (optional)

Vinaigrette Base

Walnut Oil (small amount for flavor)
Salad Oil
White Wine Vinegar
Dijon Mustard (for emulsion)

PROCEDURE:

Make Vinaigrette Base, whisk in Orange Juice and heated Honey, small amount of Sherry (if using), Melt Marmalade and whisk in. Add Zest, diced orange and roasted Walnuts while they are still warm.

Garnish salad with additional chopped Walnuts and Orange Slices, Blood Oranges, Mandarin Oranges, and Mint sprigs.

SALAD DRESSINGS

11. RASPBERRY VINAIGRETTE

INGREDIENTS:

Raspberries (frozen)
Orange Zest
Chambard, Sherry (optional)
Raspberry Preserves (All Fruit Brand)

Vinaigrette Base:

Raspberry Vinegar (make your own)
Salad Oil
Dijon Mustard

PROCEDURE:

Make Vinaigrette Base. Run frozen Raspberries through a food processor and add to the base. Heat the preserves and whisk in. Add Chambard or Sherry if using. Add orange Zest.

Garnish Salad with fresh Raspberries and Orange Zest.

SALAD DRESSINGS

12. GRILLED GRANNY SMITH APPLE CIDER VINAIGRETTE

INGREDIENTS:

Granny Smith Apples (peeled, seeded, sliced)
Apple Cider Vinegar
Salad Oil
Brown Sugar
Cinnamon and Cinnamon Stick
Butter
Dijon Mustard (emulsifier)
Apple Cider

PROCEDURE:

Peel the de-seeded Apples. Cut into ½ inch slices. Brush Apple Slices with Butter, Cinnamon, and Brown Sugar. Then grill to bring out intense flavors. Run cooked Apples through a food processor with the Apple Cider to make an Apple Sauce, set aside. Make Vinaigrette Base using the Apple Cider Vinegar, Salad Oil and Dijon Mustard. Combine Apple Sauce with Vinaigrette Base. Leave a Cinnamon stick in the dressing for added flavor.

Garnish Salad with roasted Walnuts or Pecans and medium diced Granny Smith Apple and Golden Raisins plumped with Wine.

SALAD DRESSINGS

13. BLUE CHEESE

INGREDIENTS:

Mayonnaise
Sour Cream
Half & Half (to adjust thickness)
Blue Cheese Crumbles
Worcestershire Sauce
Tobasco Sauce
Salt
Black Pepper

PROCEDURE:

Make the dressing base using the Mayonnaise, Sour Cream, and Half- &-Half. Season base with remaining ingredients. Add the Cheese Crumbles. Adjust the thickness with additional Half & Half.

Make at least one day ahead so the flavors can “Marry”. Experiment with Buttermilk. Play with recipes using “Blue Vein” Cheeses also try Vinaigrette base instead of Mayonnaise base.

SALAD DRESSINGS
14. ROUGFORT PORT

INGREDIENTS:

Mayonnaise
Sour Cream
Half & Half (to adjust thickness, use Buttermilk if available)
Rougfort Cheese Crumbles
Worcestershire Sauce
Tobasco Sauce
Salt
Black Pepper
Port Wine
Dry Mustard

PROCEDURE:

Make the dressing base using the Mayonnaise, Sour Cream, and Half- &-Half. Season base with the remaining ingredients. Add Cheese Crumbles. Wisk in Port. Adjust the thickness with additional Half & Half.

Make at least one day ahead so that the flavors can “marry”. Use same ingredients with Butter to male a compound butter for steaks. Try a white “Port’ so dressing doesn’t discolor.

SALAD DRESSINGS

15. CAESAR DRESSING

INGREDIENTS:

Olive Oil (3 parts)
Red Wine Vinegar (1 part)
Dijon Mustard (emulsifier)
Garlic
Anchovy
Worcestershire Sauce
Tobasco
Egg Yolks
Black Pepper
Parmesan Cheese
Lemon Juice (fresh)
Salt
Hearts of Romaine Lettuce

PROCEDURE:

In a food processor blend Egg Yolks, Mustard, Garlic, and Anchovy. Drizzle in Olive Oil to form a “Mayonnaise”. Add remaining ingredients. Slowly add shredded Parmesan last. Toss Hearts of Romaine Lettuce with Dressing, additional Parmesan Cheese, and Croutons in a wooden bowl.

Garnish the salad with sliced bread croutons with crisp fried Anchovy. Serve on a chilled plate, can be topped with grilled Chicken Breast, Shrimp, smoked fresh Tuna, fried Oysters, or breaded fried Goat Cheese. *If concerned about raw egg, cook with Olive Oil to make a starter Mayonnaise. Caesar is also done as a tableside presentation.

SALAD DRESSINGS
16. HONEY MUSTARD

INGREDIENTS:

Mayonnaise (use a good mayonnaise, no additional oil needed)
Red wine Vinegar (1 part)
Dijon Mustard (1 part)
Honey
Garlic
Ginger (fresh grated)
Sesame Oil
Soy Sauce
Cream/ Half & Half

PROCEDURE:

Make vinaigrette base with the addition of extra Dijon or Pommery Mustard. Heat Honey to blend, whisk in the Honey, Garlic, Ginger, and Sugar. Add Soy if you feel the need to balance the sweetness. Adjust thickness with Cream or Half- &-Half.

Experiment with different Mustards. I.E. Wasabi Whole Grain, Stone Ground, Pamperry, etc.

SALAD DRESSINGS

17. ORIENTAL SESAME DRESSING WITH FRESH GINGER

INGREDIENTS:

Soy Sauce
Rice Vinegar
Peanut Oil
Sesame Oil
Dijon Mustard or Wasabi Paste
Tahiti (ground Sesame Seed)
Orange Marmalade or Apricot Preserve
Lemon Juice
Honey (warmed)
Green Onion (chopped)
Ginger (fresh)
Garlic

PROCEDURE:

Mix Mustard, Tahiti, and Vinegar together. Wisk in Peanut Oil and Sesame Oil to form an emulsion. Wisk in Soy, Lemon Juice, Honey, and Orange Marmalade (heat Honey and Marmalade to mix). Add Green Onion, Ginger, and Garlic. Let sit overnight so the flavors can “marry”. After a few days dressing will become too strong and will need some adjusting.

Nice on Chinese Grilled Chicken and Bean Sprouts Salad. Experiment with Saki in the dressing.

SALAD DRESSINGS

18. THOUSAND ISLAND/ LOUIS DRESSING

INGREDIENTS:

*Dressing Base:

*Catsup

*Mayonnaise

*Sweet Pickle

*Vinegar

Worcestershire Sauce

Lemon Juice

Garlic

Salt

Sugar

Carrot (fine diced)

Celery (fine diced)

Onion (fine diced)

Green Pepper

Boiled Egg (shredded with grater)

Parsley/ Cilantro (Chopped, rinsed, wrung out)

PROCEDURE:

Make dressing base by combining Mayonnaise, Catsup, Vinegar, and Sweet Pickle Relish. Season with Lemon Juice, Worcestire, Salt, and Sugar. Fold in diced Vegetables and boiled Egg. Add chopped Parsley for color contrast and flavor.

Make at least a day ahead to allow the flavors to “marry”. Add Horse Radish to Thousand Island to make Louis Dressing for Seafood Salads also use Egg White.

SALAD DRESSINGS

19. MAYONNAISE/ TOMATO BASIL MAYONNAISE

INGREDIENTS (to make Mayonnaise)

Egg Yolks
Vinegar/Lemon Juice
Olive Oil
Dijon Mustard

ADDITIONAL INGREDIENTS:

Garlic
Fresh Basil
Salt
Tomato (or Marinara Sauce)

PROCEDURE:

Make Mayonnaise. Add a little Tomato product. Season with Garlic, Basil, and Salt. Make at least one day ahead of time so the flavors can “marry”. *Use for a sandwich spread.

SALAD DRESSINGS
20. MAYONNAISE CURRIED

INGREDIENTS:

Mayonnaise (home made when practical)
Pineapple Juice (or fresh Pineapple purr)
Cream De Coconut
Curry Powder or Paste
Butter
Sugar

PROCEDURE:

Sauté Curry Powder with Butter to release the flavor, whisk into the Mayonnaise. Add Pineapple Juice (not much or it will thin sauce too much). Add slight amount of Crème De Coconut for flavor. Add Sugar.

Don't mix with seafood or chicken until right before service, otherwise acid from the Pineapple Juice will affect the meat texture. Use for a dressing for chicken or shrimp salad or for *my* Curry Lobster, Shrimp and Melon Salad.

*Experiment with Thai or Indian Curry Paste in substitute for Curry Powder.

SALAD DRESSINGS

21. "BLACKENED" CAJUN STYLE MAYONNAISE DRESSING

INGREDIENTS: (to be sifted together)

Paprika

Salt

Onion Powder (make your own)

Garlic Powder (make your own)

Thyme Leaf

Oregano

Basil

Cayenne Pepper

White Pepper

Black Pepper

PROCEDURE:

Wisk the seasoning mix into Mayonnaise. Can be used for Chicken Salad.

SALAD DRESSINGS

22. POTATO SALAD DRESSING

INGREDIENTS:

Mayonnaise
Dijon Mustard
Red Wine Vinegar
Sweet Pickle Relish
Onion (fine diced)
Celery (fine diced)
Bacon (crisp, crumbled) & Drippings
Egg (boiled & chopped)
Salt
White Pepper

PROCEDURE:

Mix Mustard and Vinegar with Mayonnaise to make base, add Pickle Relish, Salt, Pepper, Bacon, Bacon Drippings, Vegetables, and last the boiled Egg. Let sit overnight. For best flavor add to the potatoes while they are still warm.

Experiment with Mayonnaise “free” Potato Salad Dressing, Curry Potato Salad, and new variation to Warm German Potato Salad. Use Red “B” Potatoes for salad. Cook whole with peels on then dice or slice to retain best flavor. Slightly over cooked potatoes make the best salad.

SALAD DRESSING
23. COLE SLAW DRESSING

INGREDIENTS:

Mayonnaise
White Vinegar
Sugar
Caraway Seed

PROCEDURE:

Put Mayonnaise into a mixing bowl and whisk in Vinegar and Sugar to taste.
Pound Caraway Seed (oven roasted) then add to the dressing.
Mix the dressing with shredded Cabbage, Carrot, and Purple Cabbage for color.
Add Barbecue Spice blend for a variation or diced Pineapple.

SALAD DRESSINGS

24. HOT BACON DRESSING

INGREDIENTS:

Ratio:

1 Part Red Wine Vinegar

3 Parts Salad Oil

Dijon Mustard (emulsifier)

Bacon (hickory or apple smoked)

Red Onion or Shallots (fine diced)

Sugar

Thyme Leaf

Combine:

Cornstarch

Water

PROCEDURE:

Fine dice Bacon and cook over medium heat. Heat in a heavy skillet (brown and crispy) add Onions, sauté in Bacon Renderings. Add Sugar, cook to dissolve. Wisk in Mustard then Vinegar. Drizzle in Salad Oil while whisking. Add Thyme Leaf. Wisk in (small amount) of Cornstarch, softened in Water. Simmer completed dressing for five minutes.

Serve warm for Spinach Salads or Wilted Greens with Sautéed Seafood. Substitute Pancetta for Bacon for an upgrade. Make this dressing in small batches (doesn't hold up well) Bacon gets soggy when refrigerated.

SALAD DRESSINGS

25. ROASTED CHILI, ROASTED TOMATO AND TEQUILA

INGREDIENTS:

Tomatoes
Mild Green Chilies
Hot Chilies
Bell Peppers
Celery
Onion
Garlic
Salt
Lime Juice
Olive Oil
Tequila

PROCEDURE:

Roast Tomatoes, peel and seed. Cook Tomatoes with Celery, Onion, Garlic, Salt, and Olive Oil (make Tomato Sauce) cool. Roast Chilies and Bell Peppers, peel and seed, mix into Tomato Sauce. Run sauce through a food processor adding Lime Juice and Tequila. For flavor, drizzle in additional Olive Oil and possibly Vinegar to make dressing.

The Lime Juice should elevate the need for the Vinegar, which might overpower the Tequila. Use for a Southwestern/ Mexican style salad with shredded Lettuce.

SALAD DRESSINGS

26. GRILLED PINEAPPLE/ TOASTED COCONUT CREAMY DRESSING

INGREDIENTS:

Fresh Pineapple
Butter
Brown Sugar
Sour Cream
Yogurt
Mayonnaise
Coconut Cream (Cocoa/Lopez)
Shredded Coconut
Pineapple Juice
Ginger
Honey

PROCEDURE:

Peel and slice Pineapple, brush with Butter and Brown Sugar. Grill then dice in food processor. In mixing bowl add Mayonnaise, Yogurt, Sour Cream, and Cream De Coconut; mix well. Add Pineapple and toasted Coconut.

Use dressing for a diced mixed fruit salad or use as a dip for fruit kabobs.

SALAD DRESSINGS
27. PARMESAN PEPPER CREAM

INGREDIENTS:

Dressing Base:

Mayonnaise

Buttermilk

Vinegar

Ranch Dressing Seasoning Mix (Hidden Valley)

Shredded Parmesan Cheese

Course Ground Black Pepper

PROCEDURE:

Combine Mayonnaise, Buttermilk, and Vinegar to make dressing base. Season with Ranch Dressing Mix. Add a generous amount of shredded Parmesan and course ground Black Pepper.

*Marriott Hotels has a great from scratch recipe for this dressing; worth looking into.

SALAD DRESSINGS

28. FRENCH/ CREAMY FRENCH

INGREDIENTS:

Vinaigrette Base:

Red Wine Vinegar

Salad Oil/ try with Olive Oil

Dijon Mustard

Mayonnaise

Catsup

Lemon Juice (fresh squeezed)

Fine diced fresh tomato (seeded & skinless)

Garlic

Green Pepper

Onion (fine diced)

Celery (fine diced)

Parsley or Cilantro (chopped, rinsed, wrung out)

Salt

Sugar

Cream/ Half & Half (to adjust thickness)

PROCEDURE:

Make Vinaigrette Base, whisk into Mayonnaise and add Catsup to color and flavor. Season with Lemon Juice, Garlic, Salt, and Sugar. Fold in Vegetables, with Cream or Half & Half (taste will be better the second day).

Dressing makes a very nice marinade for flank steaks. Also try same recipe minus the Mayonnaise for a classic French Dressing.