

# SALAD DRESSING AND VEGETABLE MARINADES

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## Green and Vegetable Salad Dressings

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### Basil Dressing No. 1

- 1/2 cup olive oil
- 1/4 cup red wine vinegar
  - 1 tablespoon dried basil, crumbled
  - 2 tablespoons sugar
  - 2 large cloves garlic, minced
- 1/2 teaspoon salt
- 1/2 teaspoon freshly ground pepper

Combine all ingredients in blender or processor and mix well. Store in jar with a tight-fitting lid in refrigerator. Shake dressing well before using. Used in Feta and Walnut Spinach Salad with Basil Dressing.

Serves 6.

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### Basil Dressing No. 2

- 4 tablespoons white wine vinegar
- 4 tablespoons lemon juice
- 8 tablespoons olive oil
- 1/2 teaspoon salt
- 1/2 teaspoon sugar
- 1 teaspoon basil
- 1 tablespoon chives
- freshly ground pepper to taste

Place all the dressing ingredients in a blender and mix for about 2 minutes. Pour over salad ingredients and mix to blend dressing with all the salad ingredients. Used in Green Salad Italian Style.

Serves 6.

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### Basil Dressing No. 3

- 1/2 teaspoon finely minced garlic

- 2 teaspoons red wine vinegar
- 3 tablespoons cooking oil
- 1 tablespoon basil
- salt and freshly ground pepper to taste

Combine all the ingredients. Beat thoroughly with a whisk. Used in Cucumber and Tomato Salad recipe.

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### Bleu Cheese Dressing

- 1 tablespoon sugar
- 1 cup mayonnaise
- 1 1/2 cups sour cream
- 1 tablespoon minced onion
- 1 teaspoon salt
- 1 teaspoon garlic powder
- 1/4 teaspoon freshly ground pepper
- 2 tablespoons cooking oil
- 1 tablespoon lemon juice
- 1/3 cup Bleu cheese, crumbled

Make dressing by mixing all the ingredients well in a blender or food processor. Used in Our Favorite Green Salad with Bleu Cheese Dressing.

Makes about three cups.

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### Cole Slaw Dressing No. 1

- 3 tablespoons white wine vinegar
- 3 tablespoons sugar
- 1 cup mayonnaise

Dissolve the sugar in the vinegar. Stir in the mayonnaise and continue stirring until you have a smooth mixture. Used in Cole Slaw recipe.

Makes about 1 cup.

This dressing is best if put on at least an hour before serving.

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### Cole Slaw Dressing No. 2

- 2/3 cup mayonnaise

- 1/2 cup sour cream
- 2 tablespoons white wine vinegar
- 2 tablespoons honey
- 2 tablespoons minced onion

Whisk all the ingredients together. Used in Cole Slaw with Celery Seed and Sour Cream Dressing recipe. See Quick Mayonnaise for a do-it-yourself mayonnaise recipe.

Makes about 1 cup

This dressing is best if put on at least an hour before serving.

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### **Creamy Garlic Dressing**

- 1/2 cup mayonnaise
- 1/2 cup plain low-fat yogurt
- 2 garlic cloves, pressed
- 1 teaspoon Dijon mustard
- 2 tablespoons fresh lemon juice

In a bowl, beat the mayonnaise and yogurt together until smooth. Beat in the garlic, mustard, and lemon juice until blended.

Cover and chill until ready to use. Will keep for 4 days.

Makes about 1 cup of dressing.

This dressing also makes a good marinade for cold blanched vegetables.

*MEP - Vegetarian Pleasures*

### **Creamy Herb Vinaigrette**

- 2 cloves garlic chopped
- 1 cup olive oil
- 1 teaspoon Dijon mustard
- 1 tablespoon water
- 1 egg white
- 1/3 cup red wine vinegar
- 1/4 teaspoon oregano
- 1/4 teaspoon basil
- pinch marjoram
- salt to taste
- freshly ground black pepper to taste

Combine all the ingredients in a blender or food processor and process for 15 seconds or until dressing binds and is smooth. Place in a jar. If dressing is too thick you can add a bit of water to thin. Cover and chill until serving time. It will keep for up to 3 days.

Makes 1 3/4 cups.

Excellent over romaine lettuce with some Parmesan cheese and topped with croutons.

*MEP - Vegetarian Pleasures*

### **Double Sesame Dressing**

- 1 tablespoon sesame seeds
- 1/2 cup peanut or vegetable oil
- 1 1/2 tablespoons Oriental sesame oil (the dark stuff)
- 2 1/2 tablespoons red wine vinegar
- 1/2 teaspoon soy sauce
- 1 garlic clove pressed
- salt to taste
- freshly ground pepper to taste

Place the sesame seeds in a small saucepan over medium-high heat and toast until they begin to smoke and become fragrant, about 3 minutes. Shake the pan around while the seeds are cooking to toast them evenly. Pour the seeds into a small bowl and cool.

Combine all the remaining ingredients in a jar with a lid. Add the sesame seeds. Shake vigorously and chill. This dressing will keep 4 days if refrigerated.

An excellent dressing for spinach salads.

*MEP - Vegetarian Pleasures*

### **Herbal Salad Dressing**

- 1 1/2 cups virgin olive oil
- 3 tablespoons herbal vinegar
- 1 tablespoon honey
- 4 sprigs salad burnet
- 4 sprigs marjoram
- 4 sprigs oregano
- 4 sprigs basil

Blend all of the ingredients together in a blender and chill for one to two hours.

Use over a simple salad of butter crunch lettuce, watercress tops, basil leaves, and salad burnet leaves. You could also add some avocado slices and/or cucumber.

*RGP - Lucia's Garden Cooking Class*

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### **Lemon-Mustard Dressing**

- 3/4 cup Chablis or dry white wine
- 2 tablespoons dry mustard
- 8 egg yolks
- 2 cups vegetable oil
- 3 tablespoons fresh lemon juice
- 1 tablespoon chopped fresh chives or parsley
- 1 teaspoon salt
- 1 teaspoon sugar

Combine wine with mustard in large mixing bowl and let stand 1/2 hour. Add egg yolks and mix well with whisk (do not use electric mixer). Add oil very slowly beating constantly. When dressing is thick, blend in all remaining ingredients.

Serve the dressing on the side. Used in Salad Champenoise recipe.

*MEP - Sunset Cook Book*

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### **Oriental Salad Dressing**

- 1/4 cup sesame oil
- 1/4 cup white vinegar
- 2 tablespoons soy sauce
- 2-3 teaspoons sugar
- 1 teaspoon crushed red pepper
- 3 cloves garlic, minced
- 1 green onion, minced

Combine the sesame oil, vinegar, soy sauce, sugar, red pepper, garlic and green onion. Refrigerate until ready to mix salad.

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### **Quick Mayonnaise**

- 1 large egg
- 5 teaspoons fresh lemon juice
- 1 teaspoon Dijon mustard
- 1/4 teaspoon salt
- 1/4 teaspoon white pepper
- 1/2 cup salad oil

Blend egg, lemon juice, mustard, salt and pepper in a food processor. Add the oil in a very slow stream and turn off just as soon as oil is gone. Used in Cole Slaw with Celery Seeds and Sour Cream Dressing recipe.

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### **Vinaigrette Dressing No. 1**

- 1 garlic clove, peeled
- 1 teaspoon coarse salt
- 1/2 teaspoon white pepper
- 1/2 teaspoon dry mustard
- 1 teaspoon Dijon mustard
- 1 egg beaten
- 2 tablespoons olive oil
- 2 tablespoons tarragon vinegar
- 1 teaspoon fresh lemon juice
- 1/4 cup peanut oil

Mash garlic and salt together to form a paste. Place in food processor together with pepper, mustards and beaten egg. Blend thoroughly. Slowly add vinegar and lemon juice while blending. Then add peanut oil in a very thin stream. Stop when all has been added or the dressing will break down. Used in Oriental Express Chicken Salad.

Makes about 1/2 cup.

This dressing has a mustard like color and goes very well with oriental style salads. It is also good with a simple salad of lettuce and tomatoes that you want to have some zip or to serve with an oriental style main dish.

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## Vinaigrette Dressing No. 2

- 2 tablespoons salad oil
- 2 tablespoons white wine vinegar
- 4 teaspoons sugar
- 1 tablespoon finely chopped parsley
- 1/4 teaspoon onion powder or 1 tablespoon minced onion
- 1/2 teaspoon seasoned salt
- dash seasoned pepper

Place all the salad dressing ingredients together and shake or beat thoroughly.

Used in Marinated Vegetable Salad.

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## Vinegar and Oil Salad Dressing

- 1/2 cup salad oil
- 1/4 cup white wine vinegar
- 1/4 cup lemon juice
- salt and freshly ground pepper to taste

Mix all the ingredients thoroughly together.

The dressing is a basic one and you can add basil or any other herb you like for a good green salad dressing. Used in Spinach Salad.

Makes about 1 cup

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## Fruit Salad Dressings

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### Fruit Dip

- 1 eight ounce package of cream cheese
- 1 seven ounce jar of marshmallow crème
- 1 orange

Grate the peel of the whole orange. Juice 1/2 of the orange. Blend the cream cheese, the marshmallow crème, grated orange peel, and orange juice thoroughly. Chill in refrigerator for at least two hours to blend flavors.

This is an excellent dip to serve with a fresh fruit platter.

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## Fruit Salad Dressing

- 1/4 cup sugar
- 1/2 teaspoon salt
- 1 1/2 tablespoons flour
- 1 egg
- 2 tablespoons vinegar
- 3/4 cup pineapple juice

Mix ingredients in a sauce pan in the order given stirring well after adding each ingredient. Cook over low heat until thick and smooth, stirring constantly. Chill thoroughly before serving.

Makes 1 cup of dressing.

Excellent on molded fruit, frozen fruit or any type of fruit salad.

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## Pineapple Dressing

- 1/2 cup sugar
- 2 eggs
- 2 tablespoons flour
- 1/2 cup pineapple juice
- 2 lemons
- whipping cream (optional)

Grate all the rind from the lemons. Juice the lemons.

Combine sugar and flour in a quart saucepan.

Beat eggs, pineapple juice, lemon juice, and rind together. Add to sugar mixture. Cook over low heat, stirring frequently, until thickened.

Whipping cream can be added to this dressing.

This is the best fruit salad dressing, I have known.

Will dress approximately 12 cups of fruit - enough for 12 to 15 people.

Bing cherries, bananas, and mandarin oranges are among the best fruits.

*MEP - Larry LaFollette (his grandmother, Tina Holt's recipe)*

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## Ruby Red Dressing

- 1/2 cup currant jelly
- 4 tablespoons salad oil
- 2 tablespoons lemon juice or vinegar
- dash salt
- a few drops of onion juice

Beat currant jelly with a fork until smooth. Add salad oil, lemon juice, salt and onion juice. Continue beating until smooth.

Serves over sliced fruits on a bed of lettuce.

Dressing for 12 salads.

This is particularly good with oranges and grapefruit.

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## Chicken Salad Dressings

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### Chicken Salad Dressing No. 1

- dash white pepper
- 1/4 teaspoon salt
- 1 teaspoon dry mustard
- 2 teaspoons sugar
- 1 teaspoon soy sauce
- 2 tablespoons white vinegar
- 1 clove garlic, mashed and chopped
- 1/2 stalk green onion, chopped
- 1 tablespoon sesame oil

Mix all ingredients together. Used in Chicken and Cucumber Salad.

Serves 2 (two halves of a chicken breast).

*RGP - Dorothy Huang Cooking Class*

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### Chicken Salad Dressing No. 2

- 1/4 cup sesame oil
- 1/4 cup white vinegar
- 2 tablespoons soy sauce
- 2-3 teaspoons sugar
- 1 teaspoon crushed red pepper
- 3 cloves garlic, minced
- 1 green onion, minced

Thoroughly combine all the ingredients. Used in Sow See Guy (Coriander Chicken Salad).

Makes about 1/2 cup

*MEP - Private Collection #1 - Junior League of Palo Alto*

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## Hot Chicken Salad Dressing

- 3 tablespoons olive oil
- juice of 1/2 orange
- juice of 1/2 lemon
- 1/2 lemon rind finely julienned
- 1/2 orange rind finely julienned
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground black pepper

Mix all ingredients well and set aside. Used in Hot Chicken Salad.

Makes enough for 4 - 6 servings (one pound of chicken)

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## Thousand Island Dressing

- 1/2 cup mayonnaise
- 2 tablespoons ketchup
- 2 tablespoons chili sauce
- dash Tabasco sauce
- 1 tablespoon Worcestershire sauce
- 2 hard boiled eggs, finely chopped
- 2 tablespoons sour cream
- salt and pepper to taste

Blend all ingredients. Keep chilled until ready to use. Because of the hard boiled eggs this will only keep a few days. If using with seafood, I like to mix it into the seafood an hour or two before serving so that the flavors blend.

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## Seafood Salad Dressings

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### Seafood Salad Dressing No. 1

- 1/3 cup sour cream
- 1/3 cup mayonnaise
- 1/2 teaspoon celery salt
- 1/2 teaspoon garlic salt
- 1 teaspoon Worcestershire sauce
- 1/2 teaspoon salt

Make dressing by mixing all ingredients together until thoroughly blended. Used in Avocado and Seafood Salad.

Makes about 2/3 of a cup

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### Seafood Salad Dressing No. 2

- 8 green onions, finely chopped
- 1 clove garlic, minced
- 1 tablespoon lemon juice
- 1 cup sour cream
- 1 cup mayonnaise
- 1/8 teaspoon oregano
- 1/8 teaspoon thyme
- 1-2 teaspoons curry powder
- salt and pepper to taste

Mix all dressing ingredients together. Serve on the side or add to salad at the last minute. Used in Wild Rice and Shrimp Salad with Curry Dressing.

Makes about 2 cups.

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## Vegetable Marinades

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### Cauliflower Marinade No. 1

- 2/3 cup vegetable oil
- 1/2 cup white wine vinegar
- 1/2 teaspoon dry mustard
- 1 teaspoon basil

- 1/2 teaspoon salt
- 1/4 teaspoon pepper

Mix marinade ingredients thoroughly. Marinate for at least two hours or over night. Used in Cauliflower Salad.

Makes about 1 1/3 cups.

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### Cauliflower Marinade No. 2

- 1/2 cup white wine vinegar
- 3/4 cup salad oil
- 1/2 teaspoon dry mustard
- 1/2 teaspoon garlic salt
- 1/2 teaspoon basil, crushed
- 1/8 teaspoon freshly ground pepper
- 1/4 cup finely minced onion

In a small bowl or jar combine the ingredients. Stir or shake until thoroughly blended. Cover and marinate over night in the refrigerator, stirring occasionally. Used in Green and White Salad Platter.

*MEP - Sunset Magazine*

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### Vegetable Marinade

- 3/4 cup sugar
- 1 teaspoon dry mustard
- 1 teaspoon prepared mustard
- 1 teaspoon Worcestershire sauce
- 1 teaspoon salt
- 1/2 cup vegetable oil
- 3/4 cup vinegar
- 1/2 teaspoon freshly ground pepper

Blend ingredients together and pour over vegetables. Place marinated vegetables in a large jar and keep refrigerated.

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