

Vinaigrette Dressing

Ask your student what an emulsion is!

Serves 4

Recipe – No Fail Lemon Vinaigrette (Cook’s Illustrated)

1 T lemon juice
1/2 t regular or light mayonnaise
1/2 t Dijon mustard
1/8 t salt
Couple grinds of fresh pepper
3 T EVOO

Step 1

Combine lemon juice, mayonnaise, mustard, salt and pepper to taste in small, non-reactive bowl. Whisk until mixture is milky in appearance and no lumps of mayonnaise remain.

Step 2

Place oil in a small measuring cup so that it is easy to pour. Whisking constantly, very slowly drizzle oil into lemon juice mixture. If pools of oil are gathering on surface as you whisk, stop addition of oil and whisk mixture well to combine, then resume whisking in oil in slow stream. Vinaigrette should be glossy and lightly thickened, with no pools of oil on its surface.

(Vinaigrette can be refrigerated for up to 2 weeks.)

Dress and serve salad: 1/4 c dressing should cover 8-10 c lightly packed greens, which is enough for 4 full-sized servings (our classroom servings should be more like 1 cup each). The vinaigrette should lightly coat the salad greens and there shouldn’t be so much dressing that it collects at the bottom of the bowl.

Variations:

Our students made variations of this basic recipe, based on what we had in the garden, and in the nutritional science lab. Any type or flavor of vinegar could be substituted for the lemon juice. Any good-quality oil could be used, including flavored oils. For the emulsifier, mustard, mayo (which itself is an emulsion), eggs or egg eaters all work very well. Some cooks swear by steady whisking, rather than shaking in a jar, although we found both to work consistently. Most of all, be creative, use this on something wonderful from the garden that is of course in season, and enjoy!

