



## Vinaigrette system and salads-as-a-meal

Vinaigrette is essentially a mixture of an oil, a sour liquid and flavourings. A + B + C = easy! Playing with flavours and expressing individual food artistry is easy and fun for adults and kids alike. Think of creating easy salad meals as an ever-changing plate of mixed food groups celebrating sunshine and the earth's goodness. Crown your sunshine with a house-made vinaigrette dressing.

### cheat sheet

After individually tasting them, pick your favourite oil, sour and flavouring ingredients from A, B and C. Rely on your sense of taste and adventure to mix all ingredients. Serve on mixed leafy greens, topped with colourful vegetables, protein options, herbs, grains and other favourite salad ingredients.

### tips

- Explore these flavour combinations and ideas for dozens of creative meals prepared quickly.
- A vinaigrette can be a grain and protein marinade, too!
- Vinaigrette is the basis of so many easy meals: Pair it with tasty salads, drizzle it on sandwiches, snacks, and appetizers, or use it as a marinade for meats, protein alternatives, and all manner of grains.
- In classic French cuisine, the ratio of oil to sour is 3:1, which is considered a "pleasing to the palate" rule. However, depending on your ingredients and dietary needs, you can play around with this ratio. With quality healthy oils, you can increase the oil ratio occasionally.
- Grocery stores offer many readily available global cuisine ingredients, and the specialty food sections or specialty

food stores feature high-quality vinaigrette options. The specialty stores often have staff to answer your tasting questions, too. We also love being inspired by local farmers and their seasonal produce. Think about an explore instead of chore mindset when planning your edible garden and shopping. Be curious, taste more, and trust your taste buds as you select various flavourings and colourful ingredients to top your healthful dark, leafy greens and goodness!

- Taste different olive oils from different countries and oils from various plants. Consider sustainable planting and processing in your selections.
- Families love making this, including creative kids and tentative beginners alike. Encourage them to balance flavours and ingredients by using all their taste senses and trusting their instincts. Kids can take over this duty in the kitchen permanently!

### A + B + C ingredients

- Here is a list of ingredients to try. Before deciding on your custom combination, taste each individually to get a sense of the taste, smell and texture you are working with.

**Serves:** *Varies*

**Yields:** *Varies*

**Equipment:** *Bowl, whisk, sharp chef knife*

### vinaigrette ingredients

3 tablespoons (or to taste) of A

—your favourite oil\*

1 tablespoon (or to taste) of B

—your favourite sour liquid\*

1 teaspoon (or to taste) of C

—your favourite flavourings\*

\*See shopping list ideas in the

\*A + B + C ingredients section

### chef secrets

**french vinaigrette** • My current favourite go-to French flavourings: La Tourangelle roasted walnut oil (Californian producer using French extraction methods); dijon mustard; citrus juice; aged sherry or other artisan wine vinegar or apple cider vinegar; a couple of drops of Canadian maple syrup; pinches of fresh flowering herbs from the garden or market, such as thyme, rosemary, lavender or chives; a smattering of fine dice fresh shallots; and a pinch of salt. Organic orange or lemon zest is also a lovely addition!

**tropical-inspired** • Try a dollop of coconut oil (warm it slightly if it is solid) mixed with fresh-squeezed orange and lemon juices, a pinch of salt, ground star anise, and other seasonings of your choice, like cinnamon, nutmeg and ginger.

• **A—Your favourite oil:** Try nut oils like roasted walnut, peanut and sesame. Look to hemp oil, flaxseed oil, avocado oil, sunflower oil, coconut oil and other vegetable oils for variety.

• **B—Your favourite sour liquid:** Try rice vinegars (seasoned or unseasoned), wine vinegars (white, red, champagne and sherry), cider vinegars, balsamic vinegars and grain vinegars. (Did you know that "vin egre" means sour wine in French?) Try fresh lemon, orange juice and pureed local sour fruits.

• **C—Your favourite flavourings:**

*Emulsifier to hold all the ingredients together*

Try Dijon mustard (plain), a French food often made from Canadian mustard seeds (Canada is the #1 mustard seed producer).

*Various flavours*

Try fresh garlic (chopped or sliced) and finely chopped onion and shallots; nut and seed butters; anchovy paste and fish sauce; soy sauce, mirin and miso paste; chili oil, hot sauce and hot peppers; and fresh herbs like thyme, basil, oregano, rosemary, dill, lavender, chives, coriander/cilantro and homemade basil pesto.

*Global spices*

Try spice blends from different countries such as India, Morocco, Italy, France, China and the islands of the Caribbean.

*Sweetness*

Add dollops of honey, maple syrup, agave syrup, sweeter or foreign fruit juices.

*Drippings*

Drizzle leftover pan drippings or gravy from dinner the night before to make a delicious steak salad.

### preparation of vinaigrette

- This is truly a make-your-own recipe! Depending on your serving needs, you can reduce the amounts, quadruple, or make ten times the recipe.
- Add ingredients from A, B, and C to a container, adding intensely flavoured ingredients a little at a time. Chop ingredients as needed.
- After adding an ingredient, whisk to combine and taste. Adjust your

seasonings as you like. Simple is often best, but complex can be wonderful! Create! Play around with your ingredients! Taste, taste, taste as you go to get a sense memory of building flavours.

- Add salt and pepper to taste at the end of your mixing process.
- Once your family has created a favourite house recipe, make a large amount to save prep time in the kitchen. Stored covered in the fridge, vinaigrette keeps for at least one week and usually several.

### create a salad-as-a-meal dinner

- Wash and dry your multi-coloured raw leaves. Remember to spin-dry (or pat with a paper towel) your clean salad, as the vinaigrette adheres better to dry leaves. Taste your leaves before serving to double-check for grittiness. If there is grittiness from sand or dirt, rinse and dry again.
- Chop, tear and toss with your vinaigrette.
- Add your favourite toppings (based on your likes and leftovers). Try nuts and seeds (salted or not), seasonal fresh fruit slices, sliced tomatoes, sun-dried tomatoes, avocado slices, roasted vegetable slices, olives, fresh chopped herbs, edible flowers, seasonal raw vegetables and sliced cheeses. Last night's leftovers are a gift to your creativity: try cooked meat, fresh fish, chicken, tofu, grains, potatoes, legumes and pulses like chickpeas, beans and lentils.
- Do you have leftover day-old bread? Slice bread into cubes, rub it with fresh garlic, then use it as is or toast until golden, and add it to the salad!
- Taste your salad after tossing it with vinaigrette to ensure it's not under or overdressed.



Connect to creative joyful experience with all of your senses as you try new ingredients and combinations

### asian inspired dressing •

4 tablespoons of water  
3 tablespoons of Tamari soy sauce  
4 tablespoons of fresh lime juice  
2 tablespoons of brown sugar (or a couple drops of agave syrup)  
1 teaspoon freshly chopped garlic and 1/4 teaspoon red chilli flakes  
Combine and toss with lots of large dice bok choy, cucumbers, celery, carrots, assorted mushrooms and red and green peppers. Add sesame oil to taste. Delish!

### bonus chef secrets

#### Fusion-flavoured coleslaw •

Combine quantities of savoy cabbage (or green, white or purple cabbage) and carrots for your coleslaw base. Then add your fusion flavourings.

*Fusion flavour option 1*

Fresh mint and coriander leaves, whole salted peanuts or pecans, seasoned rice vinegar, fish sauce, sugar, fresh jalapeño peppers and roasted ground cumin to taste.

*Fusion flavour option 2*

Fresh ginger, chopped fresh garlic, mayonnaise, Dijon mustard, whole celery seed and fresh parsley, basil and chives instead.

**crunchy salad sprinkle •** Add crunchy texture and a hit of protein to your already amazing salad! In a jar, combine equal parts of any of these: sunflower seeds, pumpkin seeds, hemp seeds, sliced raw almonds, sesame seeds and goji berries. Shake together and finish your salad with a small handful. Store in fridge to keep super-fresh and handy.