

# Cold Sauces & Salad Dressings

## Apple Cider Vinaigrette

*Yield: 1 quart*

Quantity	Ingredient
3 C	Apple cider
¾ C	Cider vinegar
1	Granny Smith apple, diced
3 C	Vegetable oil
2 Tb	Fresh tarragon, chopped
2 tsp	Salt
¼ tsp	Black pepper
½ tsp	Sugar

### Method

1. Reduce the cider to 1 cup.
2. In blender, combine the cider reduction, the vinegar, and the diced apple, salt, pepper and sugar.
3. Slowly drizzle in the oil.
4. Add chopped tarragon.

## Asian Lime Sauce

*Yield: 3 ½ C*

Quantity	Ingredient
3 Tb	Fresh ginger, minced
2 Tb	Garlic, minced
¾ C	Rice vinegar
½ C	Soy sauce
½ C	Ketchup
½ C	Fresh cilantro, chopped
1/3 C	Fresh lime juice
1/3 C	Brown sugar
¼ C	Hoisin sauce
2 Tb	Sesame oil, dark
1 tsp	Red chili flakes

### Method

1. Stir together all ingredients for sauce. Heat or serve at room temp.
2. Use for a drizzle, dipping sauce for spring rolls or glaze for ribs.

## Balsamic Vinaigrette

*Yield: 1 pint*

Quantity	Ingredient
2 fl oz	red wine vinegar
3 fl oz	balsamic vinegar
1 tsp	Dijon mustard
12 oz.	pure olive oil
1 tsp	Salt
¼ tsp	Black pepper
2 Tb	Minced herbs (chives, parsley, & tarragon)

### Method

1. In blender, combine vinegars and mustard.
2. Slowly drizzle in oil.
3. Add salt, pepper and herbs.

## Basil Pesto

*Yield: About 2 Cups*

Quantity	Ingredient
2 C	Fresh basil leaves, packed tightly
½ C	Fresh parsley, packed
¼ C	Pine nuts, toasted
½ C	Olive oil
2	Garlic cloves, minced
½ C	Parmesan cheese, grated
Pinch	Vitamin C powder
To Taste	Lemon juice, fresh

### Method

1. Place the garlic, basil, parsley, and Vitamin C in a food processor.
2. Process the herbs while adding the olive oil in a thin stream until a paste is formed.
3. Add the pine nuts and pulse to chop slightly and incorporate into the pesto.
4. Add the Parmesan cheese and pulse to mix.
5. Adjust seasoning with salt and pepper.
6. Finish with lemon juice to lighten up the flavor.

## Blue Cheese Dressing

*Yield: 1 quart*

Quantity	Ingredient
2 ½ C	Mayonnaise
½ C	Buttermilk (divided) (Shake before using.)
1 tsp	Onion, minced
1 tsp	Garlic, minced
8 oz.	Blue cheese, crumbled
1	Lemon, juiced
To taste	Tabasco sauce
1 Tb	Worcestershire sauce
½ tsp	Pepper
To taste	Salt

### Method

1. In large bowl, blend mayonnaise, part of the buttermilk, onion, and garlic.
2. Fold crumbled blue cheese into mixture.
3. Season with lemon juice, Tabasco sauce, Worcestershire sauce, pepper, and salt.
4. Thin with remaining buttermilk to reach desired consistency.
5. Cover and refrigerate at least 4 hours before using, allowing flavors to blend.

### Buttermilk Ranch Dressing

Yield: About 1 Qt

Quantity	Ingredient
2 C	Buttermilk
1/2 C	Sour Cream or Crème Fraiche
1/2 C	Mayonnaise
2 Tb	White Wine Vinegar
1 Tb	Lemon Juice
1 Tb	Dijon Mustard
1 Tb	Chopped Fresh Tarragon
1 Tb	Chopped Fresh Chives
1 Tb	Chopped Fresh Parsley
1 Tb	Sugar
To Taste	Salt and Pepper

#### Method

1. Whisk together all dressing ingredients in a bowl.

### Cilantro Pesto

Yield: About 2 C

Quantity	Ingredient
2	Garlic cloves
2 C	Cilantro leaves
1/2 C	Italian parsley
1/2 C	Tarragon
1/2 C	Extra virgin olive oil
1 T	Kalamata olive paste
1 tsp	Lemon juice
Pinch	Curry powder
To Taste	Black pepper

#### Method

1. Place garlic cloves in food processor and mince
2. Add cilantro, parsley and tarragon leaves and begin to process
3. Add oil slowly while processing
4. Add olive paste, curry powder and lemon juice
5. Adjust seasoning with pepper and salt. Be careful not to over salt because the black olive paste is salty.

### Citrus Vinaigrette

Yield: 1 1/4 quarts

Quantity	Ingredient
1	Lemon, zest and juice
1	Lime, zest and juice
1	Orange, zest and juice
1 C	Orange juice concentrate (do not dilute)
1/4 C	Honey
1/2 C	Rice vinegar
1 Tb	Dijon mustard
1 tsp	Salt
1/4 tsp	Black pepper fresh ground
2 1/2 C	Vegetable oil

#### Method

1. Place all ingredients except oil in blender.
2. With the processor "on", slowly add the oil to create an emulsion.
3. Taste for seasoning.

*Note: When zesting citrus, do not get any of the white pith from the fruit; it will make the vinaigrette bitter!*

### Cranberry Balsamic Vinaigrette

Yield: 3 C

Quantity	Ingredient
1 1/2 C	Olive oil
1/2 C	Balsamic vinegar
1/2 tsp	Salt
1/4 tsp	Black pepper
1 C	Cranberry sauce
1	Orange – zest and juice

#### Method

1. Whisk together all ingredients in bowl, except for oil.
2. Slowly drizzle in oil.
3. Taste for seasoning.

### Creamy Parmesan Dressing

Yield: 1 quart

Quantity	Ingredient
2 oz	Lemon juice, fresh squeezed ( 1/4 C)
3 oz	Egg yolks (4 yolks)
1 oz	Dijon mustard (2 TB)
1/2 oz	Anchovy paste (1 TB)
1 oz	Roasted garlic, smashed (1 Tb)
1 tsp	Salt
12 oz	Olive oil
8 oz	Vegetable oil
3 oz	Parmesan cheese, grated
2 tsp	Black pepper, freshly ground

#### Method

1. In a stainless steel bowl, whisk together the lemon juice, eggs, mustard, anchovy paste, garlic, and salt.
2. Add the oils gradually, whisking constantly.
3. Add the remaining ingredients and mix well. Refrigerate immediately.

### Crème Fraiche

Yield: About 3 cups

Quantity	Ingredient
3 C	Heavy cream
2 Tb	Buttermilk (or other active culture, yogurt, sour cream, etc.) (Shake buttermilk before using.)

#### Method

1. Pour the cream into a small stainless steel saucepan, set over low heat and stir just until the chill is off; do not heat above 100 degrees (lukewarm). Remove from the heat, stir in the buttermilk and pour into a clean glass jar.
2. Cover the jar loosely with plastic wrap and put in a warm (80- to 90-degree) spot. Let the cream develop for 12 to 24 hours, until noticeably thicker. Stir gently and refrigerate at least 4 hours to chill and complete the thickening.

### Green Goddess Dressing

Yield: 1 quart

Quantity	Ingredient
24 oz	Basic Mayonnaise (see basic mayonnaise recipe)
1/4 C	White wine vinegar
1/2 C	Italian parsley, chopped
1/2 C	Chives, thinly sliced
3 Tb	Tarragon leaves, chopped
2 tsp	Salt
2 tsp	Anchovy paste
1 tsp	Black pepper

#### Method

1. Combine all ingredients thoroughly.

### Honey-Mustard Dressing

Yield: 1 Qt

Quantity	Ingredient
1 oz	Shallots, minced
3 Tb	Green peppercorns , crushed
1 fl oz	Vegetable oil
6 fl oz	Dry white wine
1 Tb	Black pepper, cracked
2 oz	Dijon mustard
6 oz	Whole grain mustard
8 oz	Mayonnaise
8 oz	Sour Cream
2 oz	Honey
To Taste	Salt

#### Method

1. Sweat the shallots and peppercorns in the oil; do not brown.
2. Add the white wine and reduce until the wine is almost completely evaporated. Cool.
3. Add the remaining ingredients; mix well and check seasoning. Refrigerate.

### Homemade Ketchup

Yield: About 8 cups

Quantity	Ingredient
1 #10 can	Whole tomatoes, in juice or puree
1 Lb	Onions, medium dice
1/2 C	Olive oil
1/4 C	Tomato paste
2 2/3 C	Brown sugar, packed
2 C	Cider vinegar
2 tsp	Salt

#### Method

1. Puree tomatoes (with puree or juice from can) in a blender until smooth.
2. Cook onion in oil in a large stainless steel saucepan over moderate heat, stirring, until softened, about 8 minutes. Add pureed tomatoes, tomato paste, brown sugar, vinegar, and salt and simmer, uncovered, stirring occasionally, until very thick, about 1 hour (stir more frequently toward end of cooking to prevent scorching).
3. Puree ketchup in batches in blender until smooth (USE CAUTION WHEN BLENDING HOT LIQUIDS).
4. Chill.

### Basic Mayonnaise

Yield: 32 oz.

Quantity	Ingredient
3 oz	Egg yolks (6 yolks)
1 fl oz	White vinegar (2 Tb)
1 fl oz	Water (2 Tb)
1 Tb	Dijon mustard
24 oz	Vegetable oil
2 tsp	Salt
1/2 tsp	Pepper
1 oz	Lemon juice (2 Tb)

#### Method

1. Whisk the yolks, vinegar, water, and mustard until slightly foamy.
2. Add the oil gradually in a thin stream, whisking constantly, until all the oil is incorporated and the mayonnaise is thick.
3. Season with salt, pepper, and lemon juice, as needed. Refrigerate immediately.

### Lemon Thyme Syrup

Yield: 1 1/2 Cups

Quantity	Ingredient
1 C	Water
1 C	White sugar
4 sprigs	Fresh thyme
1	Lemon, cut in half
To Taste	Salt & pepper

#### Method

1. Combine all ingredients in a saucepan
2. Bring to a boil and turn off heat
3. Let steep for 30 minutes
4. Strain

### Mustard-Dill Vinaigrette

Yield: About 2 1/2 C

Quantity	Ingredient
1/2 C	White wine vinegar
1 Tb + 1 tsp	Dijon mustard
2	Small shallots, chopped
1 1/2 C	Olive oil
1 tsp	Salt
2 tsp	Sugar
1/3 C	Fresh dill, chopped

#### Method

1. In blender, combine vinegar, mustard, salt, sugar, and shallots.
2. With blender running, slowly drizzle in the oil.
3. Add dill and pulse just to blend.

### Mango Salsa

Yield: About 2 Cups

Quantity	Ingredient
2	Mangos, ripe, peeled & small diced
2 Tb	Red onions, small dice
1/4 cup	Red bell pepper, diced small
1	Jalapeno pepper, seeds & membrane removed, brunoise dice
1/2 C	Cilantro, chopped
1	Lime, juiced
To taste	Salt

#### Method

1. Mix all ingredients together in bowl.
2. Taste for seasoning.

### Pineapple & Green Onion Relish

Yield: 4 cups

Quantity	Ingredient
6	Green onions
2 T	Olive oil
To taste	Salt
1	Pineapple, small dice
1	Jalapeno, brunoise dice
2 Tb	Fresh lime juice
1 Tb	Honey
2 Tb	Cilantro, coarsely chopped

#### Method

1. Brush green onions with olive oil and grill until almost cooked through (4-5 minutes) and slice thin.
2. Combine all ingredients in a bowl.
3. Serve at room temperature

### Red Wine Vinaigrette

Yield: 1 quart

Quantity	Ingredient
1 C	Red wine vinegar
2 tsp	Dijon mustard
2	Shallots, minced
3 C	Olive oil
2 tsp	Sugar
2 tsp	Salt
1/2 tsp	Black pepper
1/3 C	Minced herbs, such as chives, parsley, tarragon, rosemary, etc.

#### Method

1. Combine the vinegar, mustard, sugar, salt, pepper and shallots in blender.
2. With blender running, slowly drizzle in the oil.
3. Add the fresh herbs

### Remoulade Sauce

Yield: 1 quart

Quantity	Ingredient
3 C	Mayonnaise
2 oz	Capers, drained and chopped
2 oz	Cornichons, chopped
3 Tb	Chives, chopped
3 Tb	Chervil, chopped
3 Tb	Tarragon leaves, chopped
1 Tb	Dijon mustard
1 Tb	Fresh squeezed lemon juice
1 tsp	Worcestershire sauce
2 to 3 dashes	Hot sauce

#### Method

4. Combine all ingredients.
5. Refrigerate

### Romesco

*Catalan roasted vegetable sauce*

This sauce originated as a fish stew in Tarragona. Today it is a cold sauce served with seafood, vegetables and meats. There are many variations of this sauce and every Spanish cookbook seems to have a different version.

Yield: About 4 cups

Quantity	Ingredient
5	Garlic cloves
1/2	Large Vidalia onion
1	Red bell pepper
2	Large ripe tomatoes
1/4 C	Slivered almonds, toasted
1/2 C	Spanish extra virgin olive oil
1	Sweet dried red chili (New Mexico variety is good)
1/2	Dried red chili (Pasilla is good) or 1-2 tsp. red chili flakes
1 Tb	Sherry Vinegar
To Taste	Salt & Pepper

#### Method

1. In a roasting pan, place the onion, garlic, red bell peppers, and tomatoes. Toss with a little of the olive oil
2. Roast the vegetables in a 350-degree oven at for about 30 minutes until soft. The skins of the tomatoes and pepper should brown slightly. Remove from the pan and cool. Skin and seed the tomatoes and pepper.
3. While the vegetables are roasting, place the dried chilies in a small saucepan with about 1 cup of water and bring to a simmer. Shut off the heat and allow the peppers to soak for about 15 minutes.
4. Remove the seeds, stems, and membranes from the chilies and place in a blender.
5. Add the onion, garlic, tomatoes and red bell pepper to the blender.
6. Add 1-2 Tb olive oil to a sauté pan and lightly sauté the almonds until golden brown. Add to the blender.
7. Puree all the ingredients in the blender.
8. Add 1/4 C of the olive oil and 1 Tb of sherry vinegar
9. Season to taste with salt and pepper.

### Salsa Cru

Yield: 1 cup

Quantity	Ingredient
2	Plum tomatoes concassee
2 tsp	Jalapeno chilies, minced
3 Tb	Red onions, small dice
2 Tb	Cilantro, chopped

#### Method

1. Combine all ingredients and mix thoroughly. Chill for at least one hour.

## Salsa Verde

Yield: 2-3 C

Quantity	Ingredient
1 Lb	Tomatillos, husks removed
2-3	Serrano or jalapeno chilies
2	Garlic cloves, unpeeled
1/4 C	White onion, finely chopped
1/4 C	Cilantro, coarse chopped
To Taste	Salt
1 tsp	Sugar
To taste	Lime juice

### Method

1. Roast tomatillos, chilies & garlic under a broiler until they begin to blister and blacken. Turn them over and roast again until they begin to blacken.
2. Cool the tomatillos, garlic & chili peppers. Peel the garlic and peppers.
3. Scrape everything including the juices from the roasting pan into a blender.
4. Pulse the machine to coarsely chop the mixture.
5. Scrape the salsa into a bowl and add the onions & cilantro. Adjust the seasoning with salt, sugar & lime juice.

## Sesame-Soy Vinaigrette

Yield: 1 quart

Quantity	Ingredient
1/4 C	Soy sauce
1/4 C	Sweet soy sauce
1/2 C	Seasoned rice vinegar
2 Tb	Dijon mustard
3 Tb	Fresh ginger, peeled & finely grated
2 Tb	Roasted garlic
1/2 tsp	Hot red pepper flakes
1/2 C	Vegetable oil
1/4 C	Sesame oil

### Method

1. In blender, combine soy sauce, vinegar, mustard, ginger, garlic, and red pepper flakes.
2. Slowly drizzle in oils.

## Tapenade

Quantity	Ingredient
1 C	Oil-cured olives, pitted
1 C	California black olives
1-2	Anchovies
2 Tb	Capers
3 Tb	Olive oil
2	Garlic cloves
2 tsp	Fresh thyme
To taste	Pepper

### Method

1. In a food processor, combine all the ingredients and pulse until coarse but uniform consistency.

## Tarragon Vinaigrette (with toasted hazelnuts)

Quantity	Ingredient
1/2 C	Shallots, minced
1/3 C	White wine vinegar
3 Tb	Fresh tarragon, chopped
2 tsp	Dijon mustard
1 C	Olive oil
1 tsp	Sugar
To Taste	Salt & Pepper
1/2 C	Hazelnuts

### Method

1. Combine shallots, vinegar, tarragon, sugar, salt, pepper, and mustard in blender.
2. With blender running, slowly drizzle in the oil.
3. To garnish salad: Toast hazelnuts in 300 degree oven. Coarsely chop.

## Toasted Fennel Dressing

Quantity	Ingredient
1/2 C	Fennel seed, toasted and ground
1/3 C	Fresh squeezed lemon juice
2 Tb	Red wine vinegar
1/2 tsp	Black pepper
2 tsp	Salt
1 1/2 C	Olive oil

### Method

1. Combine all ingredients except oil in a blender. Slowly drizzle in 1 1/2 cup olive oil.
2. Adjust seasoning.