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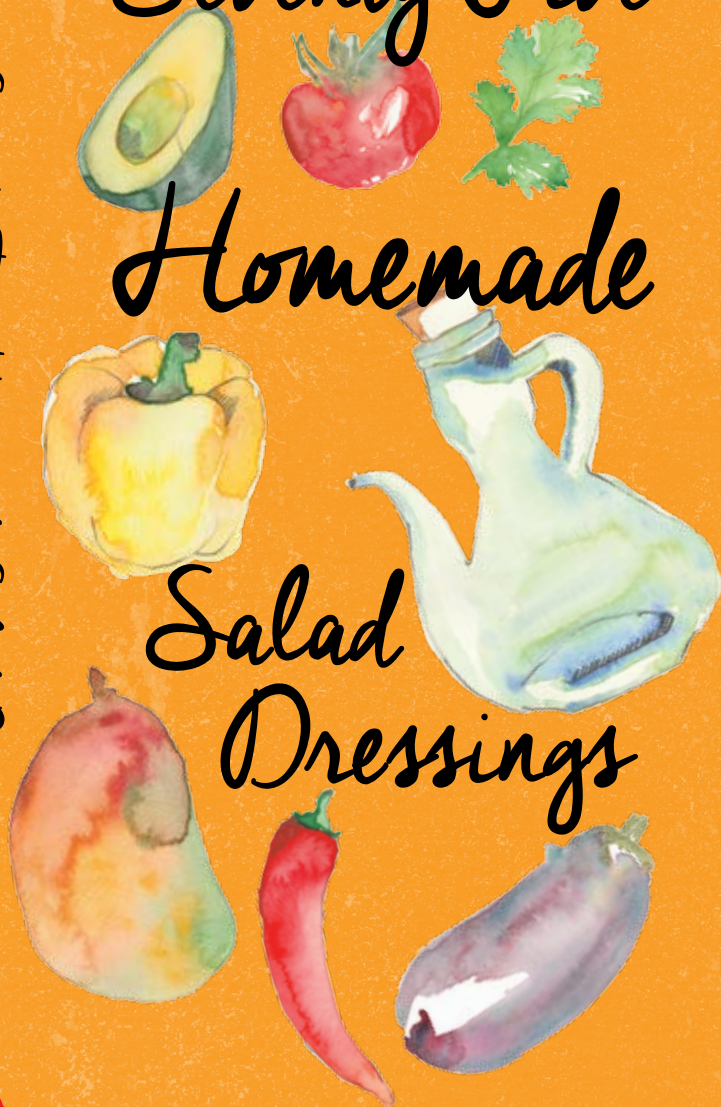
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*Seventy Five Homemade Salad Dressings*

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*Homemade*

*Salad Dressings*



GIBBS  
SMITH

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*Illustrations by Sara Brenton*





## Contents

INTRODUCTION 4

VINAIGRETTES 5

INTERNATIONAL 35

SLAW AND CREAMY DRESSINGS 61

MIX-IN DRESSINGS 89

SALAD INSPIRATIONS 97



# Vinaigrettes

Simplicity and variety are the themes I want to communicate about the world of vinaigrette salad dressings. It's easy to start. All you need are a good vegetable oil and a little vinegar. In fact, I'll bet you could make a vinaigrette right now. Just look in your pantry and find a bottle of olive oil or canola oil, a small bottle of red wine vinegar, and some dry whole-leaf thyme. You have salt—sea salt, I hope—and a pepper grinder. Is there a garlic clove handy?

Let's make vinaigrette with just these ingredients, enough for two salads. First, smash the garlic clove on a cutting board and finely mince it. Put the garlic into a small mixing bowl. Now add 1 tablespoon of your vinegar, a pinch of salt and freshly ground black pepper; add a hearty pinch of the whole-leaf thyme.

Whisk in 3 tablespoons of your salad oil and you are done. You can use this vinaigrette right now, or cover it and save it for later. It couldn't be simpler and only took a minute.

The recipes here feature combinations of vinegar and oil along with an amazing array of herbs, citrus, seeds, nuts, and other ingredients to enhance your salads.

Have fun!



## Sesame Mint Vinaigrette

Exotic flavors from steamy street markets from Marseille to Morocco.

Makes about 1 1/4 cups



- 3 tablespoons red wine vinegar
- 3 tablespoons seasoned rice vinegar
- 2 teaspoons brown sugar
- 1/4 teaspoon kosher salt
- 1 tablespoon finely grated orange zest
- 1/2 teaspoon whole fennel seeds
- 1 teaspoon freshly grated ginger
- 1 to 2 tablespoons crushed then chopped fresh mint leaves
- 1 tablespoon plus 1 teaspoon lightly toasted sesame seeds
- 1/2 cup light olive oil

Add all the ingredients in the order given to a mixing bowl. Blend well and chill. Store in a covered glass jar in the refrigerator for up to 2 weeks.



## Peppery Orange Aioli

An aioli is like a garlicky mayonnaise. It's a little trip to France in your kitchen. Aioli can be used in a lot of ways: to dress a roasted vegetable salad, to dollop on a fillet of fresh cooked fish, over a fresh sliced-tomato salad, or to replace mayonnaise in anything. Here is one of my favorite versions of aioli.

Makes 1½ cups



1 large fresh egg yolk at room temperature

1 tablespoon Dijon mustard

5 medium cloves garlic, smashed

¼ teaspoon freshly ground black pepper

Pinch of sea salt

1½ tablespoons chopped parsley

1½ teaspoons finely grated orange zest

½ teaspoon finely grated lemon zest

Juice of ½ lemon

1 cup mild-flavored olive oil

1 tablespoon water

Put the egg yolk, mustard, garlic, pepper, salt, parsley, zests, and lemon juice in a food processor. While running the food processor drizzle in the oil slowly so the mixture absorbs the oil to form the aioli. It should be about the same thickness as mayonnaise. If the aioli seems a little too thick, thin it with a little of the water. Store the aioli in a tightly covered container in the refrigerator for up to 1 week.

## Caribbean Slaw Dressing

This is a fruity-tangy-spicy dressing from our island way. Try it with grated green papaya and shredded Chinese cabbage slaw. Be sure to throw in some thin-sliced sweet onion.

Makes about 1 1/4 cups



- 1 cup finely chopped mango
- 1 fresh jalapeño pepper, finely chopped
- 1/4 small habanero chile, seeded and very finely chopped
- 1 green onion, finely diced
- 1/4 cup finely snipped cilantro
- 2 tablespoons freshly squeezed lime juice
- 2 tablespoons freshly squeezed orange juice
- 2 tablespoons sugar
- 3 tablespoons olive oil
- 3 tablespoons canola oil

Add all ingredients, except the olive and canola oils, to a mixing bowl and whisk together to blend evenly. Drizzle in the oils while blending. Always shake the dressing to reblend before using. Stores well in the refrigerator in a covered glass jar for up to 1 week.

## COMPOSED CALIFORNIA FRUIT SALAD

Ripe peaches  
Red raspberries  
Seedless oranges  
Black Mission figs  
Ripe avocado  
Fresh mint  
Red and or green grapes



Suggested dressings: Fresh Blueberry and Orange Vinaigrette (page 34) or Meyer Lemon, Ripe Garden Strawberry, and Fresh Thyme Vinaigrette (page 27)

## SMOKED TROUT SALAD WITH YOUNG GREENS

Smoked trout fillet  
Mâche  
Young butter lettuce  
Arugula  
Daikon radish  
Sweet red onion  
English cucumber  
Fresh dill



Suggested dressings: Pink Grapefruit and Toasted Fennel Seed Vinaigrette (page 31) or Creamy Mustard Dressing (page 72)

## AZTECA QUINOA SALAD

Quinoa  
Toasted sunflower seeds  
Sun Gold cherry tomatoes  
Young summer squash  
Sweet onion  
Parsley  
Mint  
Basil  
Crumbled queso fresca



Suggested dressings: Pumpkin Seed and Cilantro Pesto Dressing (page 29) or Gazpacho Vinaigrette (page 55)