



**Farm to Table  
Culinary Class with Chef Lisa Fidler  
February 19, 2015**

**Balsamic Vinaigrette**

3 tablespoons oil (I prefer extra-virgin olive oil)

1 tablespoon balsamic vinegar

1/2 teaspoon minced garlic

1 pinch Italian seasoning (optional)

**DIRECTIONS**

Shake all ingredients for your chosen variation together in a tightly-lidded container OR whisk together in a small bowl.

Let stand 10 minutes to rehydrate dried herbs and blend flavors.

Shake again then dress salad as desired.

Note -- I recommend the Balsamic Vinaigrette on strong greens such as escarole, curly endive, and dandelion greens.

Note -- feel free to play with other seasonings, more complex blends, flavored oils, and flavored vinegars. Once you've learned the technique you can customize your salad dressing to suit just about any meal.