



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

**Italian Vinaigrette**

basic vinaigrette (use EVOO and red wine vinegar)

1/2 teaspoon minced garlic

1/2 teaspoon Italian seasoning

1 pinch crushed red pepper flakes (optional)

**Basic Vinaigrette**

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

2 tablespoons vinegar (white, cider, wine, ..., not balsamic)

salt

black pepper (I prefer fresh-ground)

**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 -- 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.