



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

**Mustard Dressing**

Italian vinaigrette

1 teaspoon prepared mustard (I recommend Dijon or spicy brown)

1 -3 teaspoon honey (optional) or 1 -3 teaspoon another sweetener, to taste (optional)

**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)

**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 Mustard Dressing on strong greens such as escarole, curly endive, and dandelion greens.

Note -- The sweeter version of the mustard dressing is great for a vinegar coleslaw if you discover that you have accidentally gotten one of those occasional cabbages that are a touch on the bitter side.

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.