



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

Parmesan-Pepper Dressing

basic creamy vinaigrette dressing

1 tablespoon grated parmesan cheese

1/8 teaspoon fresh ground black pepper (to taste)

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)

Basic Creamy Vinaigrette Dressing

basic vinaigrette

2 -3 tablespoons mayonnaise or 2 -3 tablespoons sour cream or 2 -3 tablespoons plain
yogurt

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 lemon dressing on spinach.

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.