



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

Lighter Bacon Dressing

basic vinaigrette (use canola or corn oil and cider vinegar)

1 tablespoon crumbled bacon

1/2 tablespoon finely minced onion

1 pinch celery seed (optional)

1/4 teaspoon prepared mustard (optional)

1 -3 teaspoon brown sugar or 1 -3 teaspoon another sweetener, 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)

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 Bacon Dressing 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.