

## Lemon Vinaigrette

### Ingredients:

- Juice & zest of 1 lemon
- Olive oil (amount to your taste)
- Pinch of sea salt
- Pinch of fresh ground pepper

### FLAVORS (optional):

- a few thyme sprigs, leaves removed
- 1 garlic clove, finely chopped
- ½ shallot, finely chopped

### MY NOTES:

#### Technique: Vinaigrette, Emulsification

**acid + fat + flavor** → to make it:

**sweet:** add sherry vin, honey, orange zest, poppy seeds

**spicy:** add cayenne, chopped peppers

**thick:** add mustard, tahini, yogurt, egg yolk

to make it:

**greek:** add yogurt, dill

**indian:** add curry, cumin, coriander

**asian:** sesame oil, lime juice, rice wine vin, thai chili, fish sauce

**mexican:** puréed poblano, chipotle, adobo

**what is it on?** arugula or mache?

use acid and fat accordingly

### Directions:

1. In a deep bowl, place all ingredients, except oil, and combine with a whisk (or drop into a jar, seal and shake)
2. Slowly whisk in olive oil (or add olive oil and shake well). Season to taste.

NOTE: Taste the vinaigrette with a piece of lettuce, not a spoon.

3. Place 1-2 tablespoons of dressing in the bottom of a clean bowl and add greens.
4. Toss to coat adding dressing a little at a time until it's dressed to your liking but keep it light so you can enjoy the salad, not overpower it.

### Equipment:

Chef's Knife  
Citrus juicer/reamer  
Zester/microplane  
Whisk  
Bowl  
Jam jar