

Herbed Balsamic Vinaigrette

Description

A basic herbed balsamic vinaigrette is a versatile dressing that is great over many types of salad and fresh vegetables. I like to maintain a continuous supply of vinaigrette and always keep some handy.

Summary

Yield: 4

Prep Time: 15 minutes

Category: Salad Dressings

Cuisine: Italian

Ingredients

- 1 clove garlic
- 1/4 cup fresh italian parsely leaves, washed and dried
- 1 tsp dried basil
- 1 tsp dried oregano
- 1/2 tsp kosher or sea salt
- 1/2 tsp freshly ground black pepper
- 2 tsp dijon mustard
- 6 tbsp balsamic vinegar
- 2/3 cup extra virgin olive oil

Instructions

Method if you have a food processor:

Insert the chopping blade. With the food processor running, drop in the garlic, process 5 seconds to chop. Add the fresh parsely, dried basil, oregano, salt, pepper, mustard and vinegar. Process 10 seconds to blend. With the processor running, add the olive oil one third cup at a time. Process 1 minute or more until totally emulsified.

Method by hand, without a food processor:

Finely chop the parsely leaves and place in a small metal mixing bowl. Crush the garlic in a garlic press, or finely chop, and add to mixing bowl. Finely chop the dried basil, and add to mixing bowl. Add the dried oregano, salt, pepper, Dijon mustard, and balsamic vinegar to the mixing bowl. Stir and mix ingredients thoroughly. Whisk the mixture in the bowl vigorously with a medium size metal whisk. While continuing to whisk, add the olive oil slowly, a small portion at a time. Continue whisking, one minute or longer, until througoughly mixed. Aim for a thoroughly emulsified mixture.

Transfer to a cruet

Adjust any seasonings to taste. Pour the emulsified mixture to a cruet. Allow the dressing to rest for 30 minutes before using to allow the flavors to blend. Refrigerate unused portion to keep. Bring to room temperature (30 minutes) before using. Shake well in the cruet to re-mix.

Notes

Drizzle over sliced tomatoes with fresh basil for a quick and easy salad.