

## Salad Dressings

**Flavoursome dressings can really perk up a few basic salad ingredients.** A tasty dressing can also be a way of encouraging people to eat a variety of salads and vegetables. Try these simple dressings first and then experiment by using different oils, vinegars and other flavourings.



Barley (gluten), egg, fish, milk, mustard and sulphites\*

Nutritional information per portion (27g):

Energy 294kJ 70kcal 4%	Fat 6.6g 9%	Saturates 1g 5%	Sugars 1.9g 2%	Salt 0.32g 5%
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of an adult's reference intake.  
Typical values per 100g: energy 1089kJ/259kcal.

### Equipment

The equipment needed depends on which dressing you are making

Small bowl OR jar with tight fitting lid

Whisk

Measuring spoons

Chopping board

Sharp knife

Garlic crusher

Grater

Juice squeezer

### Ingredients

Basic Vinaigrette

Serves 6

3 x 15ml spoons olive oil

1 x 15ml spoon white wine vinegar OR lemon juice

½ x 5ml spoon Dijon mustard

½ x 5ml spoon caster sugar OR honey

Black pepper (optional)

\*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



### Method

1. Combine all the ingredients in a bowl and whisk until thoroughly mixed. Alternatively, place in a container with a lid and shake.

### Top Tip

- Let your guests taste different dressings by dipping in small cubes of bread before they add the dressing to a salad.

### Prepare now, eat later

- Prepare up to 48 hours in advance and store in the fridge. Whisk again just before serving.

# Salad Dressings

## Ingredients

### Juicy Fruity Dressing

#### Serves 4

1 orange  
4 x 15ml spoons low-fat yoghurt  
4 x 15ml spoons reduced-fat mayonnaise  
Black pepper (optional)

## Method

1. Wash and dry the orange.
2. Use a grater to remove the rind (zest) of the orange, taking care not to remove any of the white pith.
3. Squeeze the juice from the orange and pour into a bowl, together with the zest, yoghurt and mayonnaise.
4. Use the whisk to thoroughly combine all the ingredients.

## Ingredients

### Honey and Mustard Dressing

#### Serves 4

3 x 15ml spoons reduced-fat mayonnaise  
1 x 5ml spoon wholegrain mustard  
1 x 5ml spoon runny honey  
Cold water

## Method

1. Place the mayonnaise, mustard and honey in a bowl and stir thoroughly to combine.
2. Gradually add a little cold water so the dressing is the consistency of double cream.

## Ingredients

### Easy Caesar Dressing

#### Serves 4

1 clove garlic  
4 x 15ml spoons reduced-fat mayonnaise  
¼ x 5ml spoon Dijon mustard  
½ x 5ml spoon lemon juice  
1 x 15ml spoon olive oil  
OR other vegetable oil  
Dash of Worcestershire sauce  
OR vegetarian alternative

## Method

1. Peel and crush the garlic.
2. Put all the ingredients in a bowl and whisk until thoroughly combined.
3. If the dressing is too thick, add a little water to thin it down.

#### Skills used include:

Measuring, chopping, crushing, grating and whisking.