

# Types of salad dressings



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Most markets carry packaged dressings in an array of flavors, and it is also possible to make them at home. A number of materials are used as bases for salad dressing, such as oils, dairy products, and mayonnaise. Oils are the basis of vinaigrette, simple blends of oil, vinegar, and herbs, and they are also used in many Asian dressings, along with ingredients such as soy sauce. Dairy products like cream, yogurt, and crème fraîche, are also common bases for dressings, especially in Eastern Europe.

In addition to a base, a dressing can include a wide variety of things, including fresh herbs, pickled vegetables or relish, fermented foods like vinegar or soy sauce, nuts, and dried or fresh fruit. Other condiments, such as salad cream or ketchup, can also be included, as can spicy additions, like chilies, and sweet ones, such as sugar and molasses. Many cultures have a specific dressing in common usage, such as the blend of yogurt, cucumber, and lemon juice used in the Mediterranean to dress simple salads, or the vinaigrette, which is in wide use in France and Italy.

Dressings can be thick and creamy, as is the case with blue cheese and ranch dressings, which use a dairy base, or they may be light and runny. Some are even designed for a specific salad, like Caesar dressing for the salad of the same name. Many cultures also have specific preferences about the amount that is used, with some salads being drenched in dressing, while others are only lightly spirited with just enough to be refreshing. Types of Salad Dressings: . Vinaigrette Dressings ; One of the most common types of salad dressings available, vinaigrette combines vinegar and oil in its most simple form, with herbs and spices added for flavor.

For example; adding garlic, oregano, parsley, basil and lemon juice turn NSA it onto an Italian dressing. Other vinaigrette use different types of vinegar such balsamic, a dark vinegar made from grape juice. Likewise, a red wine vinaigrette combines red wine vinegar with olive oil and optional herbs and spices. Other common vinaigrette include Greek dressing and raspberry vinaigrette. Vinaigrette Dressing Recipes 1 . Smoked Paprika Vinaigrette This tasty salad dressing also makes a great marinade. It's so easy to throw together with your food processor.

Add a pinch of sugar if too tart. Ingredients: ; h cup red wine vinegar ; h cup honey ; 1 tablespoon stone-ground mustard ; 1/2 teaspoon ground black pepper ; 1/2 teaspoon salt ; 1 1/4 tablespoons smoked paprika ; 1 clove garlic ; 2 tablespoons chopped onion ; 1/2 tablespoon oregano ; 1 pinch white sugar ; 1/2 cup Olive Oil Directions Blend the red wine vinegar, honey, mustard, lime juice, pepper, salt, paprika, garlic, onion, oregano, and sugar together in a blender until thoroughly mixed .

Drizzle the olive oil into the mixture while blending on low. Chill at least 1 hour before serving. 2. Pear Vinaigrette This is a light and lovely salad dressing that lends itself well to a simple and elegant salad.

I love to use it on a salad of butter lettuce, Aragua, goat cheese , and characterized pecans ; 1 ripe pear peeled, cored, and chopped ; 1/2 cup white wine ; 1 clove garlic, chopped ; 2 teaspoons Dijon mustard ; 1/4 cup white balsamic vinegar ; 1 teaspoon ground black pepper ; 1/4 teaspoon sea salt Blend the pear, white wine, garlic, Dijon mustard, white balsamic vinegar, black pepper, and sea salt in a blender until well combined; drizzle

the olive oil into the mixture in a thin, steady stream while continuing to blend.

Blend a few second DSL longer until the salad dressing is thick and creamy.

3. Raspberry Vinaigrette Dressing This dressing has a mild raspberry flavor. I usually prepare it with canola oil. ; 1/2 cup vegetable oil ; 1/2 cup raspberry wine vinegar ; 1/2 cup white sugar ; 1/4 teaspoon dried oregano ; 1/4 teaspoon ground black pepper In a jar with a tight fitting lid, combine the oil, vinegar, sugar, mustard, oregano o, and pepper. Shake well. 4.

Honey Balsamic Vinaigrette ; 1/2 cup balsamic vinegar ; 1 small onion, chopped ; 1 tablespoon soy sauce ; 3 tablespoons honey ; 1 tablespoon white sugar ; 2 cloves garlic, minced ; 1/2 teaspoon crushed red pepper flakes 2/3 cup extravagant olive oil Place the vinegar, onion, soy sauce, honey, sugar, garlic, and red pepper flake s into a blender. Puree on high, gradually adding the olive oil. Continue pureeing 2 minutes, or until thick. .

Creamy Dressings Mayonnaise is the base for the moonstone creamy dressings, such as Caesar, blue cheese and ranch dressings.

According to Slate Magazine, ranch dressing has been the bestselling salad dressing in the Lignite States since 1992. This creamy dressing, invented by the owners of a California dude ranch, combine mayonnaise with buttermilk, lemon juice, salt, pepper, paprika, mustard pop ere and fresh chives and dill. Although traditional Caesar salad is prepared with slightly coddled eggs, the oil and egg whisked together essentially make a mayonnaise, so prepared mayonnaise is often used in place of the egg. Other creased dressings use sour cream, creme franchise or even yogurt as the main base.

**Creamy Dressing Recipes**

**1. Creamy Lemon Dressing** This tangy lemony dressing makes a creamy addition to salads or is great drizzled over grilled fish. Try it over a butter lettuce, grape tomatoes, and English cucumber salad. Try substituting plain Greek yogurt for the sour cream. 1/3 cup fresh lemon juice ; 4 teaspoons lemon zest ; 3 cloves garlic, minced ; 1/4 teaspoon salt ; 1/2 cup olive oil ; 1/2 cup sour cream Combine lemon juice, lemon zest, garlic, Dijon mustard, salt, and pepper in a bowl.

Slowly whisk olive oil into the lemon juice mixture until thickened. Whisk sour cream into the mixture. Transfer the dressing to a sealable container. 2.

Refrigerate 15 minutes to overnight.

**2. Creamy Peppercorn Dressing Recipe**

This creamy salad dressing mixes the nutty and spicy flavors of Parmesan cheese, freshly ground black pepper, and garlic with the tang of sour cream, mayonnaise, and lemon juice. Use it as a dip for crudités or atop a wedge salad with some crisp and crumbled bacon and cherry tomatoes. 1/2 cup mayonnaise ; 1/3 cup freshly grated Parmesan cheese ; 2 tablespoons freshly squeezed lemon juice (from about 1 medium lemon) ; 2 tablespoons milk (not nonfat) ; 2 teaspoons freshly ground black pepper ; 2 medium garlic cloves, finely chopped ; 1/2 teaspoon kosher salt Place all of the ingredients in a medium bowl and whisk until combined. Refrigerate in a container with a tight fitting lid for up to 4 days. 3.

**Taco Salad with Creamy Cilantro Dressing** This recipe today is almost a grownup version of my college taco salad. It has many of the same components, but here I've added some quinoa for extra protein and whipped up a super creamy cilantro dressing that's spiked with fresh lime juice and a little salt. It'd be dreamy used as a dip for fresh veggies (and

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can vouch for it as a dip with leftover tortilla chips, too). It's good stuff. 1 cup loosely packed cilantro, washed, stems removed, and roughly chopped (about 3/4 bunch) ; 1/2 cup sour cream ; 2 tablespoons fresh lime juice (about 1/2 lime) ; 1 clove garlic ; 2 teaspoons sherry vinegar A few grinds of foregrounds black pepper To make the dressing, puree all ingredients in a blender or food processor UN till welcoming and smooth. If the dressing seems thick, drizzle in water a table spoon or two at a time with the blender running until thinned to the point where you lie eke it.

Taste and add additional salt and pepper if necessary. 4. Blue Cheese Salad Dressing This homemade blue cheese dressing is easy to make. Bonus prize you can use your favorite blue cheese no matter how mild or pungent, creamy or cru nimbly it may be. ; 8 oz. Blue cheese ; 1/2 cup buttermilk 1/3 cup mayonnaise ; 1/4 cup sour cream ; 1 Tabs. Equalitywhite wine or red wine vinegar ; 1 TTS. Dry mustard ; Salt to taste (optional) Direction In a medium bowl, use a fork to mash the blue cheese into a paste or crumbly bits, depending on texture of the cheese.

Work in the buttermilk until it is as sumo the as possible (or as smooth as you like your blue cheese dressing). Stir in the mayo anise, sour cream, vinegar, and mustard until well blended. Add salt to taste, if you li eke (this will depend on how salty the cheese was, you may very well not need any add action salt). Use the dressing immediately or keep, covered and chilled, up to 1 week . III. Citrus Dressings For citrus dressings, lemon, lime, grapefruit or orange juice is combined with herbs, spices and olive oil.

For a basic citrus dressing combine lemon juice with Olive oil, and seasonings of your choice. Citrus juice is often combined with sweet ingredients such as honey or fruit. One such dressing combines orange juice, lime juice, honey, grated orange peel and olive oil, perfect for a salad that includes fruits such as strawberries, blueberries and tangerines. Greens with Citrus Dressing Recipe You don't miss the oil when topping a green salad with this light and tangy homemade dressing. 1/3 cup orange juice 1/4 cup cider red wine vinegar ; 3 tablespoons water ; 2 tablespoons lemon juice ; 1 1/2 teaspoons grated orange peel ; 1 tablespoon finely chopped raisins, optional ; Torn mixed salad greens In a jar with a tightening lid, combine orange juice, vinegar, honey, water, lime juice, orange peel and raisins if desired; shake well. Serve over salad greens. 2. Mixed Green Salad With Citrus Dressing Salad greens should be crisp, with firm outer leaves. They should also smell sweet, not bitter. When possible, purchase unpackaged lettuce.

Ingredients: ; 2 tablespoons fresh orange juice ; 1 tablespoon honey ; 1 tablespoon minced shallot ; 2 teaspoons whitened vinegar ; Coarse salt and ground pepper ; 2 tablespoons extravagan olive oil ; 1 bunch (8 ounces) Aragua, stemmed (7 to 8 cups) ; 4 Ounces ferris, torn in batteries pieces (4 cups) ; 1 small head radicchio (4 ounces), torn in bites pieces (4 cups) 1 . Len a blender, combine juice, honey, shallot, and vinegar. Season with salt and pepper. Blend until smooth. With motor running, add oil in a steady stream until emulsified. . An a large bowl, toss Aragua, ferris, and radicchio with dressing; season with more salt and pepper. Serve immediately. Asparagus with Citrus Recipe ; 1 pound fresh asparagus, trimmed ; 1 1/2 teaspoons salt,

divided ; 3 tablespoons orange juice ; 1 teaspoon Dijon mustard ; 2  
teaspoons sugar ; 1/4 teaspoon pepper ; 1/3 cup Olive Oil ; 2 hardcore egg  
yolks, chopped, optional In a large skillet, bring 1/2 in. Of water to a boil. Add  
asparagus and 1 teaspoon alt; boil, uncovered, for 45 minutes or until  
Christensen.

Drain asparagus and pat dry. Transfer to a serving plate. For dressing, in a  
jar with a tightening lid, combine the orange juice, lemon juice mustard,  
sugar, pepper, oil and remaining salt; shake well. Pour desired amount of  
dressing over asparagus. Sprinkle with egg yolks if desired. Serve at room  
temperature. 4. Roasted Asparagus Salad with Citrus Dressing Rest roasted  
asparagus and tomatoes on a bed Of Watercress for a special touch. The  
after dressing is a sweetshop combination of fresh citrus juices, honey and  
Dijon mustard.